Help Yourself ! Hints from the Handicapped

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HELP YOURSELF!

Hints from the Handicapped

Compiled by Margaret Harvey
from suggestions offered by members of
West End Achievers
Ottawa Handicapped Association
Ottawa, Ontario

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Teach yourself the freedom
to take from life
what is for you,
and to give to life
what you have to give.

PREFACE

This book is compiled from the many, many suggestions and ideas brought forth by handicapped people themselves to illustrate how they have learned to adapt their households, invent and improvise gadgets, and devise new ways of doing ordinary chores in order to make their lives easier. One very successful handicapped homemaker, who has contributed much to this book, added this bit of wisdom: "Above all, don't panic! How foolish you would look dying of frustration instead of the ailment your doctors are treating you for."

It is our hope that every person with a disability who reads this book will find at least one idea to adapt for his or her own use. We wish especially to reach the newly-disabled at the time when they may be feeling overwhelmed by their situation.

ACKNOWLEDGMENTS

This book would not have come to completion without the generous assistance of many volunteer workers. We wish however to give special mention and thanks to the handicapped people who wrote the introductions to the chapters; to Margaret Harvey for compiling, writing up and illustrating the material; to Bill Harle, Mary Robertson, Pat Henry and Myrtle Tenhaaf for editing and revising; to all the people who assisted with the diagrams, and to Joan McLeod, president of the Ottawa Handicapped Association, for her constant help and support.

We also wish to express appreciation to Andre Leblanc and Patricia Tait of the Bureau on Rehabilitation, Health and Welfare Canada, for facilitating the publication of this book.

June Smith
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INTRODUCTION

The idea for this book first began in 1981, the International Year of Disabled Persons, when we in the West End Achievers, which is part of the Ottawa Handicapped Association, decided we wanted to make our own contribution to that special year. Since we have all had to learn new ways of coping with everyday situations, it seemed appropriate that we should pool all the bits of information and ideas we could gather and compile a book which would be helpful and encouraging to other handicapped people. Many products which have been especially designed for the disabled carry a very high price tag because they are considered "medical" equipment and because of limited distribution. We have, therefore, tried in this book to include as many ideas as we can whereby you, the disabled person, can use common items that have been altered or adapted for your special use.

Some members of our group can walk with aids but many are wheelchair-bound. Some care for themselves while others live in chronic care institutions, and others are doing their best to care, not only for themselves, but for other family members too, and managing quite well. Some members are middle-aged but many are young adults, victims of crippling defects, diseases or accidents. Whichever brings you into the Community of the Handicapped, we hope this book will contain some ideas to assist you in living with your disability.

We know it can be a surprise (let's not call it traumatic) when the day arrives, at long last, and the professionals tell us we are going 'home', that they have done all they can to rehabilitate us and now it is entirely up to us, the individual. Everyone has an inner strength, very often a part of one's own personality not called upon in previous years. Now is the time to bring it forth. Don't 'lean' too heavily on others lest their strength too be weakened. Learn to manage frustration - don't panic - and TRY, TRY, TRY AGAIN - until you conquer each weakness. It all takes time, but don't give up the trying. It really is up to you now. Even though your loved ones or the 'paid' staff try to assure you that you are no trouble, how they will rejoice to see you accomplish something on your own! Every year will, or should, show some advancement if you are calling on that inner strength.

So **WELCOME** to the community of the handicapped. We have a password too: "Just fine, thank you!" Obviously, we are not, but everyone feels better, just in the proclaiming. And don't neglect to be the one to ask first "How are you?"

Barbara Ingram

A disability is a physical problem.
The amount of handicap depends on
how you deal with it.

Use everything at your disposal to
help minimize the handicapping effect
of your disability.

CHAPTER I

PERSONAL CARE

Each person must discover by trial and error, as we all had to, the best methods of coping every day and dealing with our particular disabilities. However, two basic needs, for freedom and independence, inherent in every human are especially important to the development and growth of disabled persons. Regardless of the extent of our infirmity, most of us have the capacity to exercise these freedoms in some form and to ever strengthen, extend and widen them. We have the freedom and independence to risk, to plan our future and our life, and to struggle and fight to complete them, and to keep setting new goals for ourselves.

In the process of gaining our independence we experience pain and joy, failure and success, defeat and victory. We learn too to be tolerant and patient with the indifference, bias and secret fears held by the dwindling number of non-disabled people who still do not understand us.

Therefore, to experience the fullness of life, we disabled people must insist on exercising our freedom and independence to the fullest extent possible.

Margaret E.

****

There are two ways of exerting one's strength; one is pushing down, the other is pulling up.

M.A.G.

****

Above all things, if you want to be accepted, you must first accept yourself.

Self-understanding is the start of wisdom.

****

Clothing for Women

1. Clothing can help every woman look her best. Watch for lines that disguise body irregularities i.e., box jackets will cover uneven hips, an extra shoulder pad will raise a drooping shoulder.

2. Two-piece dresses are easier to adjust to body irregularities.

3. Clothing should be roomy enough to allow easy body movement and fall into place without tugging. Some fashion features to watch for:

   a. action pleats at the back of sleeves;

   b. raglan, kimono or batwing sleeves;

   c. stretch fabrics and knits;

   d. yokes with good fullness at the back of the shoulders;

   e. leather patches on elbows - a fashion item that also adds extra wear;

   f. large, fancy tabs for zipper pulls;

   g. capes, ponchos, large zippers and toggle buttons on outer wear;

   h. lightweight coats with deep armholes, and

   i. <u>fashion as well as function</u>!

4. Underarms of jackets, as well as sides of slacks and underwear, can be reinforced to take the wear of crutches.

5. A "snuggle sack" in suitable material is good when going outdoors in a wheelchair.

6. Try a wrap-around skirt with velcro at the waistband.

7. Try a bra-slip with a front zipper.

Clothing for Women (cont'd.)

8. A front fastening bra with a tab that loops through a ring and fastens w th velcro is easy to get into and adjust. If you wear a bra with a wide band two fasteners may be necessary. Caution: The hook end of the velcro can snag soft nylon tricot or lace.

9. You can convert any ordinary bra into a front opening one by cutting the front and inserting a hook-and-eye strip (found in bra repair kits among sewing notions).

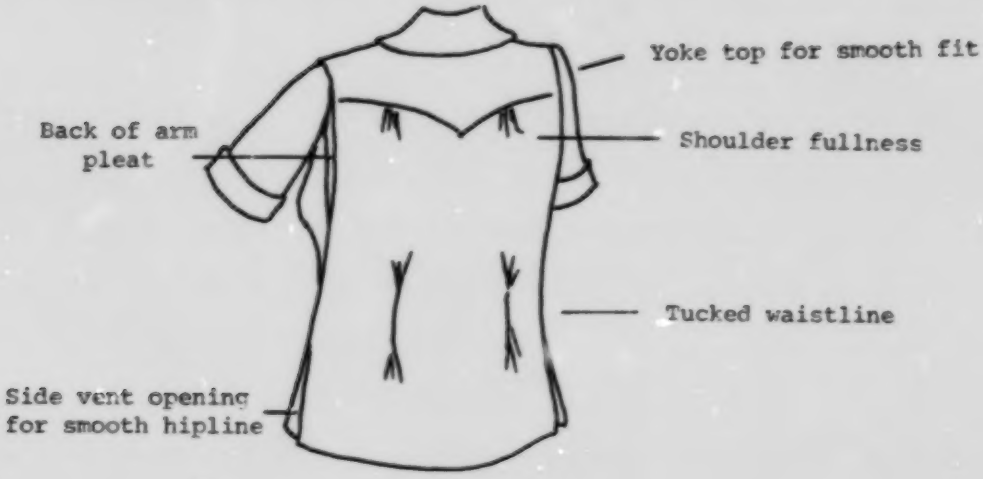
10. Fashion stores that cater to handicapped clientele carry girdles that have zippers top and bottom.

11. "Carry-all" aprons with plastic lined pockets are helpful.

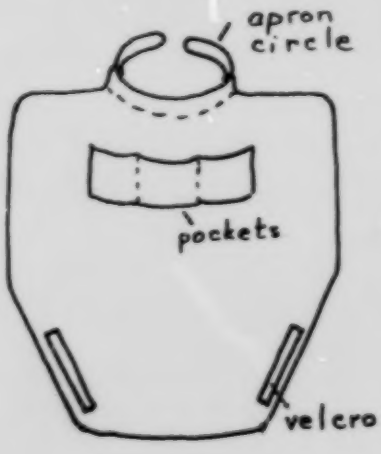
12. Side vents in a jacket or overblouse will keep it from riding up even when you have to sit for long periods of time.

Clothing for Women (cont'd.)

13. A smart and comfortable blouse design is illustrated:



14. To keep a lap robe from sliding off attach a plastic apron circle to the top edge or, if you cannot find an apron circle at your sewing supply store, attach tie tapes long enough to wrap around and tie at the front.



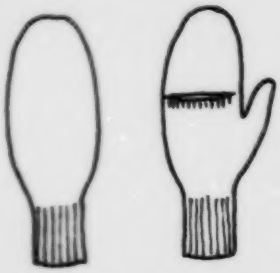
If you are a wheelchair patient, taper the sides of the robe so there is not a surplus of material to tangle in the wheels. Velcro strips on the sides near the bottom will help you tuck it around the back of your legs. The surplus material can be used to make kangaroo pockets across the lap for extra convenience.

Clothing for Women (cont'd.)

15. It is often difficult to tell the front of slacks from the back if they have an all-around elastic waistband. It helps if you fasten a small safety pin inside the waistband at the front so you can tell at a glance which way around the slacks are.

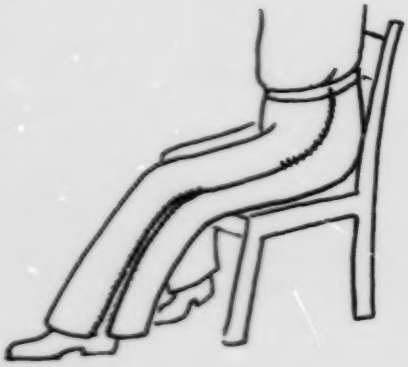
16. If you have one paralyzed hand, putting mitts on and off can be a chore. Have a friend knit a special pair for you.

    For the paralyzed hand have the mitten made with no thumb. For the good hand have the mitten made with an opening across the palm so you can get your fingers out without having to take off the whole mitt. The opening should be made with a slight overlap to keep out drafts.



Clothing for Men

1. A tailor can conceal side zippers in a man's pant legs, either from the top down or from the bottom up, or use a 2-way slide. Being able to open the pant legs makes them easier to put on if you are stiff or if you wear bulky braces. If only a bottom zipper is required, it can be concealed in the inside leg seam.



Clothing for Men (cont'd.)

2. Trousers can be lined in areas where knee braces cause wear.

3. If trousers are zippered at the sides, the front portion of the garment can have a false belt around the waist back to hold it up during toileting.

4. For a man confined to a wheelchair trouser seats can be cut a little deeper, jackets designed shorter, especially at the back, and all pockets made more accessible. Go to a tailor who does the work in his own shop and discuss your problems with him.

5. Safari-jacket style shirts have handy pockets. Some come with velcro fasteners on the pocket flaps.

6. Tunnel belt loops give a smoother fit.

Clothing for Men (cont'd.)

7. Pre-tied bow ties or clip-ons save a lot of struggle. An attractive alternative is the Western style thong tie.

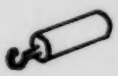
8. A money belt or a pouch attached to your belt may be more convenient than a wallet. Look in a leather-craft shop.

9. For a coin purse, the plastic egg shaped ones that you squeeze to open may be easier for some people to use.

Dressing Aids

1. Sew loops to the tops of socks, underwear or pants. Two dowels with cuphooks in the ends can be used to hook into the loops and help you pull the clothing on.

2. If you find zipper pulls are hard to hold have a short, thick dowel with a hook in the end to hold and pull the zipper. For a jacket zipper attach a key ring with a fancy fob to the zipper pull.

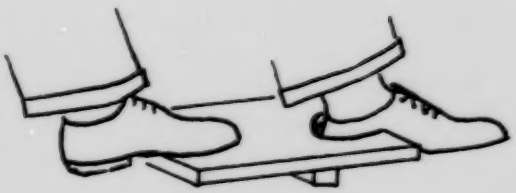


Dressing Aids (cont'd.)

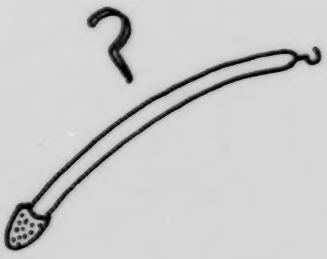
3. A long shoehorn will help you put shoes on without having to bend.

4. A button hook is very useful if your fingers are stiff or if you have only one hand to use.

5. A jack for removing shoes is quite simple to make.



6. A wooden coathanger with the wire removed can be a useful dressing aid. Add a cup-hook to one end and a rubber "thimble" to the other.



7. Similarly, a wire coathanger stretched out so the hook is at one end will pick up clothes, and the "shoehorn" bend at the other end will help you pull on your socks.

Dressing Aids (cont'd.)

8. Some hassle-free fasteners:

   a. velcro spots under buttons on your shirt instead of conventional button holes;

   b. a velcro strip instead of a zipper in the fly of trousers;

   c. velcro on jacket cuffs;

   d. cuff links made of elastic thread between two buttons, letting you slide your hand in and out without undoing the button (buttons with shanks are most attractive);and

   e. toggle buttons on outer wear which are easier to manage than stiff, flat buttons.

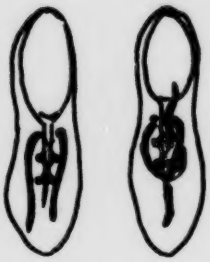
9. Lacing Shoes

People with the use of only one hand obviously will have difficulty when it comes to tying their shoelaces, but many ingenious ways have been found to cope with this problem.

   a. You can (with practice) tie a single bow knot with one hand as follows:

Dressing Aids (cont'd.)

When the laces have been pulled snugly, lay the lace ends straight down toward the toe of your shoe. Take the right lace and put it over the left lace, then put it under the left lace to make the first knot. Work this knot up to the top of the shoe and pull it snug. Again place both laces toward the toe of your shoe. Fold the right lace double to make a bow and do the same as you did before - first over, then under the left lace. Work the bow knot up tight and tuck in the loose ends.



b. Another method:

Tie a knot in one end of your shoelace. Starting at the top, thread the lace over the under through all the lace holes to the bottom. Run the long end of lace up underneath the lacing (along the tongue) and out the top. Tighten the lacing as desired. Tuck the long end of lace into the edge of your shoe. No knot is required, it will not work loose. To remove the shoe, loosen the laces from the bottom up.

Dressing Aids (cont'd.)

c. Have your shoes laced loosely so your foot can be slipped in and out without untieing the lace. Have a button fitted to the outside edge of shoe. Attach a loop of elastic through the top eye on the other side. Hook loop over the button to fasten.

d. Button studs or lace hooks can be purchased that fit into the first and second lace holes of your shoes. Tne laces can then be looped over these the same as you would on a ski boot. This can be done without untying the knot. Available at better shoe stores, shoe repair shops or at handicapped supply houses.

e. Elastic shoelaces can be purchased at shoe stores but they can easily be made from 1/8" elastic bought by the yard, or you may get the round elastic that furriers use to make button loops. These may not appear so finished but are much cheaper and last as long.

10. If your eyesight is not good and you find it difficult to identify right and left shoes, mark an R or L clearly on the inside with paint or nail polish, or with ink on pieces of tape.

Eating Aids

Mugs and Glasses

1. Insulated coffee mugs designed for travellers are available with holders which attach by adhesive to any surface. They are intended for use in a car but work very well attached to a wheelchair tray. A straw can be inserted through the steam hole in the lid. Watch for them in places that cater to tourists or truck drivers.

2. Another type fits into an insulated holder which is fastened down.

3. If your hands are shaky consider the mugs and glasses with recessed lid tops which allow you to drink through a small opening without spilling the contents.

4. Manoy mugs with special hand holds are available. These are especially good if your grip is weak.

5. One-handle and two-handle drinking glass holders are available from the medical suppliers. They can be adjusted to fit any size glass.

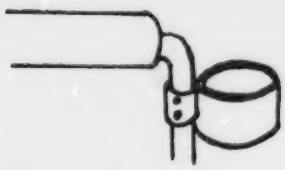
6. Do you know anyone who makes pottery dishes? Have them make you a mug with two handles.

Eating Aids (cont'd.)

Mugs and Glasses (cont'd.)

7. To hold a drinking straw, bend one prong of a small bulldog clip outward. Clip to the edge of a glass and slip a straw through the hole in the prong.

8. There are mug, glass and ashtray holders designed to attach to the arm of a wheelchair.



Plates

1. A dampened cellulose sponge-cloth or several folds of dampened paper towel under your dinner plate will stop it from sliding around.

2. An even better solution to the sliding plate problem is a very soft sticky plastic called dycem. Dycem can be purchased in disc shape or in sheets which you cut to size. It is extremely useful in the kitchen under a mixing bowl or in your hobby shop to put under a tray or block or anything that slides around on you. Since it is soft and rolls up easily it is convenient to take along whenever you dine out, (but wrap it in paper because it is so sticky it won't go into your pocket unless it is wrapped).

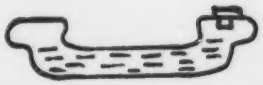
Eating Aids (cont'd.)

Plates (cont'd.)

3. A clip-on ring, that fits any size of plate, makes an edge so food is not pushed off the plate. It too can be taken along easily whenever you dine out.

4. There are both plates and bowls designed with a slight inward curve at the rim to make it easier to scoop up food with a fork or a spoon.

5. If you are a slow eater and find your food gets cold and unappetizing try a plate that holds hot water in the base.



Cutlery

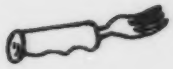
Hints for adapting your own cutlery for more comfortable use:

1. Medical supply houses sell lengths of thick sponge tubing called rubazote. This can be cut in lengths and slipped over the handles of cutlery, toothbrushes, pencils, etc. to make them easier to grip. The pad can be slipped off for washing.

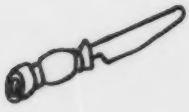
Eating Aids (cont'd.)

Cutlery (cont'd.)

2. A bicycle grip can be used in the same way if the handle is first padded up with tape. However, it is important that the tool feel balanced in your hand, so check the overall weight first.

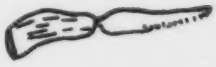


3. For a temporary situation, wrap the handle with thin sponge and tape in place.



4. Also for temporary use try a heavy rubber band or piece of elastic looped over each end of the handle, with your hand slipped in between the loops.

5. Steak knives with ridged horn handles are easier to grip and to cut with than ordinary dinner knives.



6. When you are visiting a friend or planning to dine out, slip your special knife, fork or spoon into your pocket or purse.

Cutlery designed for people with weak grip or poor coordination usually has large wooden or rubber-covered handles.

Specialized cutlery that can be purchased:

1. A rocker knife (Nelson knife) for cutting with one hand also has tines on the tip to be used as a fork.

Eating Aids (cont'd.)

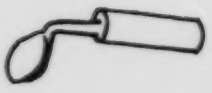
Cutlery (cont'd.)

2. Another type of knife/fork on the market has one edge of the fork sharpened for cutting but this is not a good choice because of the danger of cutting your mouth.

3. The Manoy knife is a rocking knife similar to the Nelson but without the fork tines.

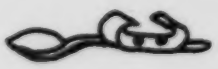
4. A pizza cutter works well for some people because of its smooth roller movement.

5. An angular spoon helps those who have stiffened wrists. It is available for right hand or left hand.



6. Some spoons are made with swivel handles so the food stays on even if the handle is rotated when lifting.

7. Hand grips can be attached for people who cannot fully close their fingers.



In the Bathroom

Getting There

1. The bathroom is one of the most important rooms in the house, yet it is the one that gives handicapped people the greatest problems. If you are in a wheelchair the first problem is getting through the door - often the bathroom door is even narrower than any other door in the house.

   Some wheelchairs are equipped with a lever that will close the chair a bit to make it narrower while you squeeze through the door.

   If the chair will just go through but with no room for your hands, try pulling yourself through by holding the door frames.

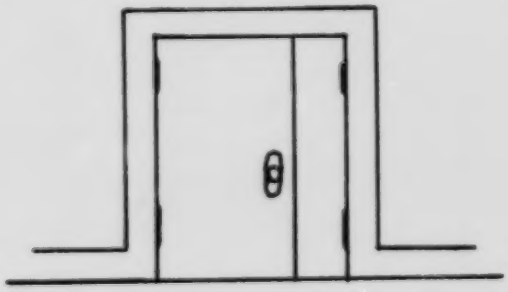
   If the chair is just too big, perhaps you can arrange to have a handyman or carpenter do "surgery" on the door frame.

   Some suggestions:

   a. Replace the standard door hinges with the off-set or "swing-away" type that swing the door away from the facing and allow an extra 3-4 cm of clearance. Available at builder's supply stores;

   b. remove the door frame and replace it with a thinner frame to give you that extra inch. Of course you will need a larger door to fill the space;

   c. cut the door opening several inches wider and have an extra hinged panel fitted to meet the regular door. This solution works well if the wall space is available. Caution: Watch for any electrical wiring or plumbing in the wall.



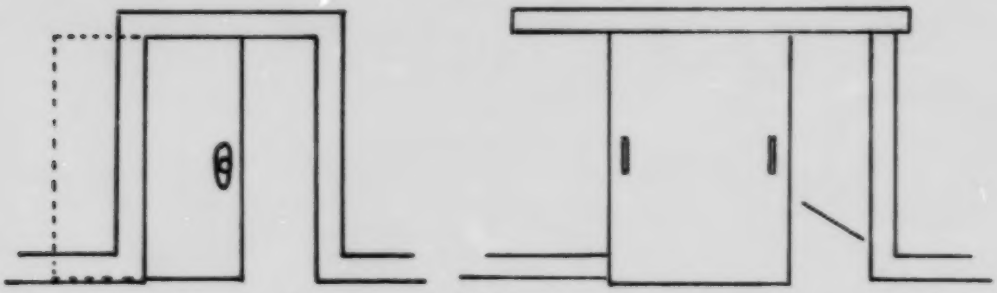
Getting There (cont'd.)

2. All bathroom doors swing inward, so the door itself may get in your way while trying to manoeuvre your chair. Some possible solutions:

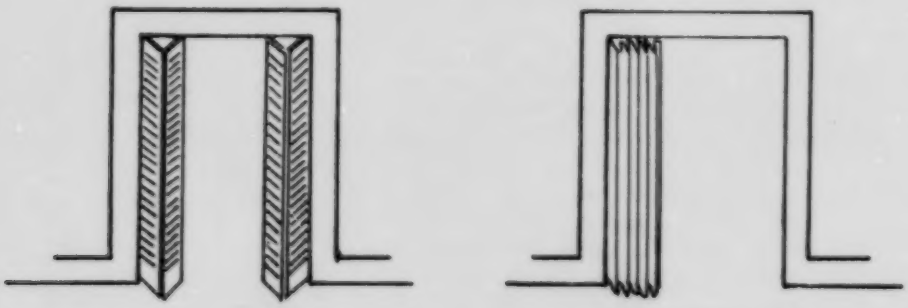
   a. Have the hinges and door jamb reversed so the door will swing outward;

   b. install a sliding door that slides into the wall itself. (Again, this will depend upon the structural framing, wiring or plumbing in the wall.)

      A sliding door mounted on the outside of the wall is just as functional and a great deal cheaper to install but not quite as attractive;



   c. if you have sufficient width within the door opening, bifold or modern-fold doors work well and are cheaper to install than a sliding door;



In the Bathroom (cont'd.)

Getting There (cont'd.)

d. if none of these solutions work for your particular situation, remove the door entirely and use a heavy shower curtain. There are many attractive styles on the market. Magnets or velcro placed along the edge will hold it shut.

3. If you are at a friend's house and cannot get your wheelchair into the bathroom, a small kitchen chair set just inside the door may allow you to transfer. If necessary, use two chairs so you can transfer from one to the other until you reach the toilet or basin.

Toilet Seats

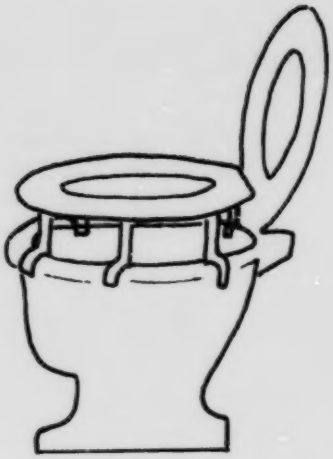
1. If you have difficulty getting down or up from a toilet seat, here are some possible solutions:

a. There are wall-hung toilets that can be set at any level (expensive);

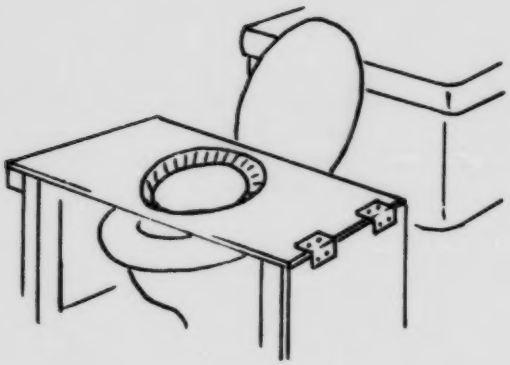
b. a plumber can raise your regular toilet up on a wooden platform (less expensive);

Toilet Seats (cont'd.)

c. you can add a removable elevated seat. There are several designs on the market. Some have closed sides, others open as illustrated, but all are easily removed for cleaning;



d. if the others in your household find a raised seat uncomfortable, have a wooden frame with a hinged top built that can be tipped out of the way when not in use. Be sure the frame is either fastened to the wall or well braced across the back so it will not collapse sideways.



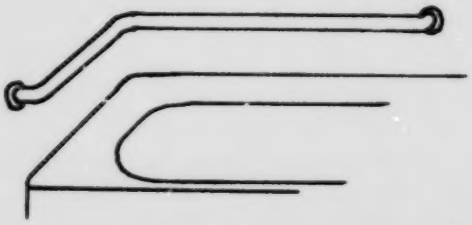
Grab Bars

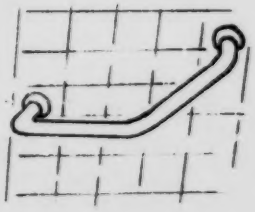
There are many different kinds of grab bars and toilet arm rests on the market. They are available in any medical supply house, and often can be found in hardware and plumbing supply stores.

In the Bathroom (cont'd.)

Grab Bars (cont'd.)

A physiotherapist can help you decide which is the right kind of bar for you and the level and angle at which it should be installed. It is essential that bars be properly installed - they must be fastened securely into the framing of the wall to hold your weight.





Toilet arm rests are available which may be fastened with bolts that hold the toilet seat. Others have a free standing frame that stands on the floor. One elaborate model has hinged arms that swing completely around you!

Perhaps a simple leather loop fastened near the toilet may be all you need.

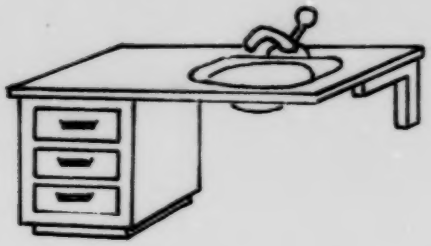
At the Washbasin

1. For a wheelchair person the basin should be in a counter top with no cabinet below, or a free-standing wall mounted sink with a shelf or table nearby. However, it must be strong enough for you to lean on. If you are doubtful, have a strong wall bracket installed under it.

In the Bathroom (cont'd.)

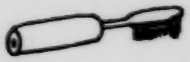
<u>At the Washbasin</u> (cont'd.)

2. A single faucet with a swing lever type tap is easier for a person with weak or stiff hands to manage.



3. If at all possible have a bench or stool in the bathroom so you can sit while washing your hands, while drying after your bath, or to help you transfer from your wheelchair to the tub or toilet. The stool or bench must have firm, non-skid rubber feet.

4. A larger handle on your toothbrush may be necessary. Any of the devices for enlarging the handles of knives and forks can be used.



5. Medical supply houses have denture brushes and finger nail brushes that attach to the side of the sink with suction cups.

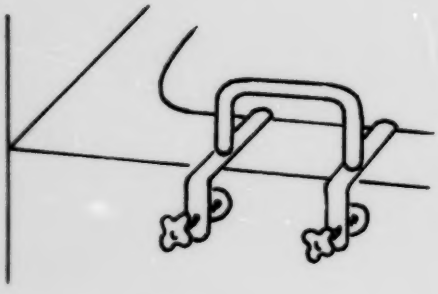
6. Many people find tooth powder easier to manage than paste. They can shake out a small amount of powder and dip their brush in it instead of having to squeeze a tube.

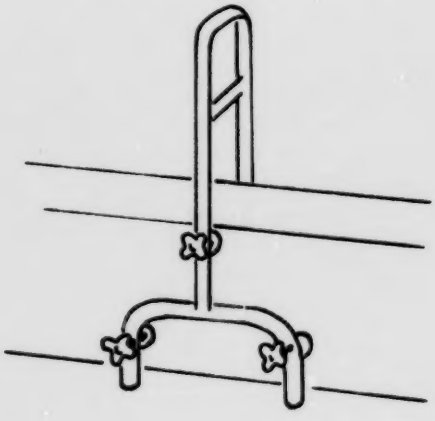
In the Bathroom (cont'd.)

In the Bath Tub

1. Here again, there are many, many types of grab bars - for the end wall, for the side wall or for the outside edge of the tub. Decide what kind will be most helpful to you. (Do you need help to balance while you stand in the shower, or support to lower yourself into the tub?)

   The saddle-back grab bars that fit over the edge of the tub are fastened by simply tightening large bolts, but the wall bars must be permanently installed.





2. You might wish to have the shower curtain rail reinforced so it is strong enough to hold your weight, then fasten over it a long loop of firm canvas webbing or folded sheet that you can grasp and pull on.

3. Every tub should have non-slip treads glued into the bottom. If you are travelling and think the hotel tubs might not have such treads, carry a rubber bath mat that has suction cups on the bottom.

4. As with the basin, water taps on the bath tub can be the single-control type.

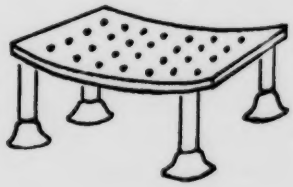
In the Bathroom (cont'd.)

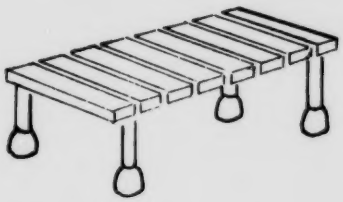
In the Bath Tub (cont'd.)

5. A shower spray on a flexible hose is great for rinsing off the soap and for washing your hair. There are inexpensive rubber ones that fit over the ordinary faucet. (Available almost anywhere kitchen appliances are sold.)

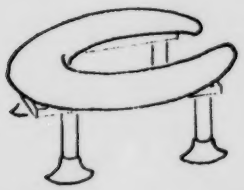
6. A long-handled bath brush or sponge for the hard-to-reach places is essential.

7. Many types of small stools are designed to fit inside the bath tub. These can be used to lower yourself in easy stages, or to sit on while bathing. All have suction cup feet or firm rubber tips.





An open front toilet seat can be made into a bathing stool by mounting it on a metal frame that has short legs and suction feet.

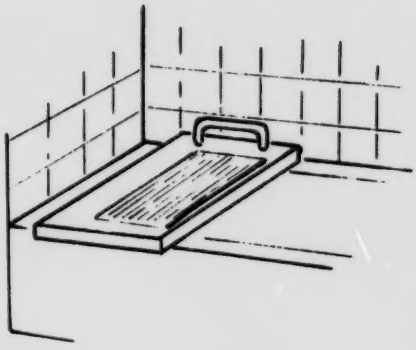


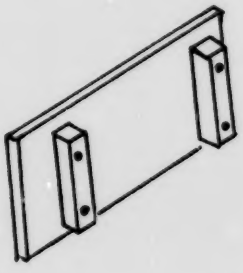
NOTE: Suction cups will stick so firmly to the wet tub that you may have difficulty pulling them loose. To release the cup, slip a dull knife under the edge to let the air in.

In the Bathroom (cont'd.)

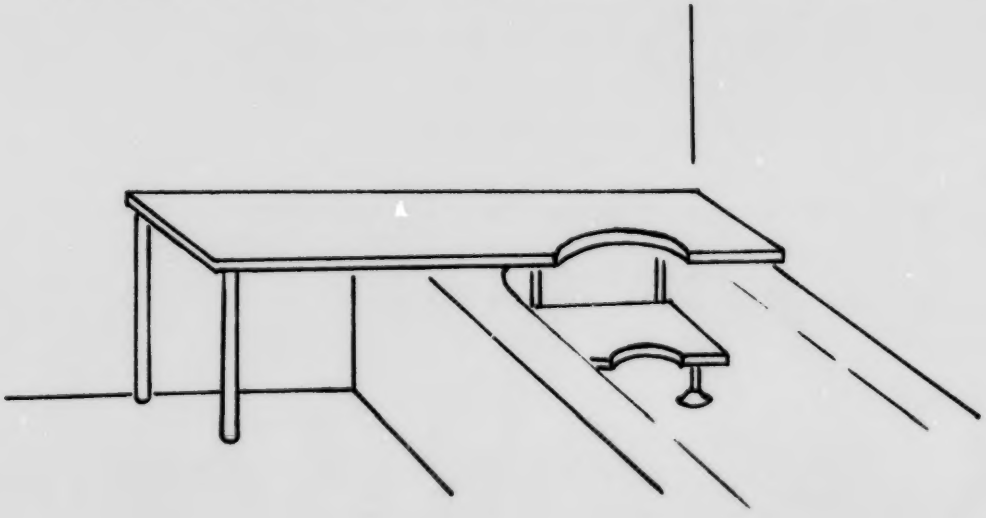
In the Bath Tub (cont'd.)

8. A very satisfactory bath seat can be made at home quite easily from a piece of board which is strong enough to hold your weight and long enough to span the width of the tub. Round off all sharp edges and sand smooth. On the underside fasten two wooden cleats which will fit snugly inside the tub to prevent the board slipping from side to side. Paint or varnish to prevent water soaking into the wood. Glue a piece of rubber stair tread onto the upper surface so it is not slippery. A handle attached to one end will make it easier to position.



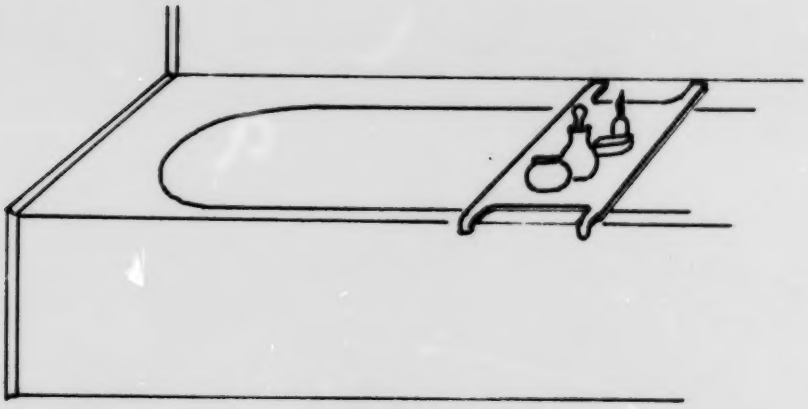


9. For somebody who has difficulty transferring to the tub, a 2-stage bench might be the answer. The first stage is a long bench that rests across the top of the tub and the second level is a short stool inside the tub.



In the Bath Tub (cont'd.)

10. Do you love a luxurious bath? Have a bath tray across the tub to hold all your creams and lotions.



In the Shower Stall

1. If you have difficulty getting into or out of a bath tub consider whether it is possible to build a separate shower stall. Since you can move directly into a stall at floor level it will save a lot of struggle. Balance and a place to sit are the main problems. Here are some possible aids:

   a. once again, good grab bars all around;

   b. a single-tap water control;

   c. a shower head on a flexible hose;

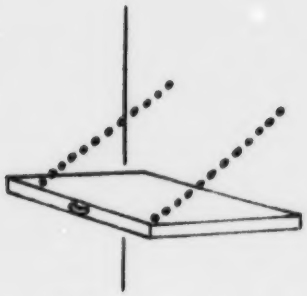
   d. non-slip treads on the floor.

In the Bathroom (cont'd.)

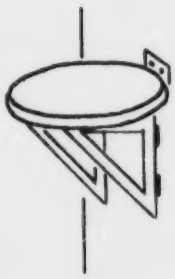
In the Shower Stall (cont'd.)

2. Seating in the Shower:

a. For the wheelchair person a light canvas chair on glider wheels is available, but a small ramp over the doorsill is necessary;



b. if you can walk or transfer from a wheel chair, a permanent bench seat inside the door is a possibility;



c. there are various designs of seats that can be made to drop down from the wall when needed;

d. for a temporary arrangement, a plain wooden kitchen chair works fine.

In the Bathroom (cont'd.)

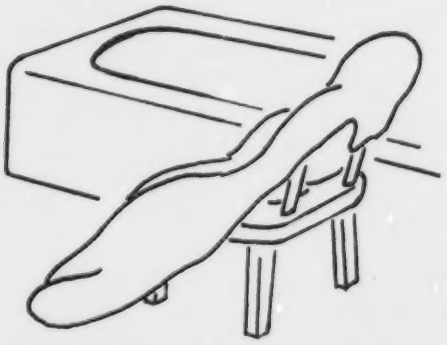
More Bathing Hints

1. If you are bothered by tremors while taking your bath or dressing you will find a heat lamp in the bathroom a real comfort. It will give extra warmth without overheating the rest of the house. It also helps to dry off your body and makes dressing easier.

   The lamp can be hung from the ceiling or clamped securely to a wall bracket.

2. Have a plush or terry cloth wrap-around dressing gown made with the terry on the inside to absorb moisture.

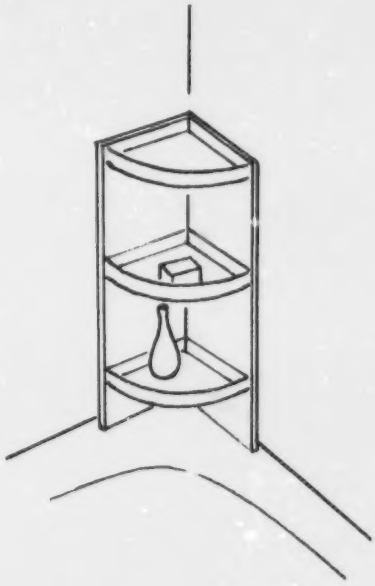
3. Have a chair or stool in the bathroom near the tub. Spread your bathrobe over the chair so that when you get out of the bath you can slide onto the chair and immediately wrap the robe around yourself to avoid tremors.



More Bathing Hints (cont'd.)

4. If an assistant is helping you bathe, belts can be very helpful. A strong leather belt or length of cloth tied firmly around your waist will help the assistant hold onto your wet and slippery body. If the assistant wears a belt also it will give you something to catch onto. This is especially helpful when dealing with disabled children.

5. For either the bath or shower stall have a small shelf at a convenient height to hold soap, shampoo, bath oil, bath brush, etc. within easy reach.



6. If the soap slithers away on you, try soap-on-a-rope; or have a bath mitt with the soap tucked inside.

7. Put shampoo into small plastic squeeze bottles. They are convenient to hold and make it easier to measure out the right amount of shampoo.

8. Caring for your toenails is difficult if you have a stiffened leg. Buy the large size emery boards and glue or tape one onto a ruler or similar flat stick to extend your reach.

   To file your fingernails if you have only one hand, tape the emery board to the bathroom counter.

For Safety's Sake

1. Always have a rubber mat in the tub or shower, and a firm, non-skid mat on the floor.

2. Never lock the bathroom door -- it may have to be opened in an emergency. Teach your family that if the bathroom door is shut the bathroom is in use, then they can respect your privacy without the use of locks.

3. Never allow anyone to try to lift you out of a tub with their bare hands while you are wet. Roll or twist a long towel or piece of sheet into a soft rope. Wrap the towel around your body under your arms with the ends at the back. Then your assistant can grasp the twisted towel ends and pull you up safely. This method also puts much less strain on your assistant's back.

CHAPTER II

IN THE KITCHEN

Where There's a Will There's a Way

I contracted polio when I was only six years old, and it paralyzed my left arm. I have never considered myself handicapped because I learned my own special way of doing things right from the beginning, and I use every part of my body to help me - elbows, knees, chin, teeth, everything. Because I have a "doing mind" I enjoy doing many different things such as sewing, cooking, gardening, painting, pottery, etc. and am always eager to try something new. My family of four have normal appetites and I delight in serving them wholesome and appetizing meals.

Performing tasks in the kitchen presented no particular problems over the years so it came as a complete shock when I discovered that other people thought that I had some kind of handicap. I thought everyone had difficulty slicing a roast of beef! I never had trouble separating an egg with one hand or lifting pastry to the pie pan. Doesn't everybody hold a bowl between their knees when they are beating a cake?

I must admit, though, that our first washing machine almost got me down. It was a second-hand one (bought during wartime when appliances were hard to find) and when I turned on the wringer the whole wringer arm would whirl around. I was willing to try anyway and soon learned to hold the wringer arm with my head while I fed the clothes through the rollers with my hand. My husband kept telling me, "Don't forget, if your hand becomes caught in the roller, whack you head against the release mechanism and it should be okay." We laugh about those days now that things are so much better with all the labour saving devices in our remodeled kitchen.

C.W.

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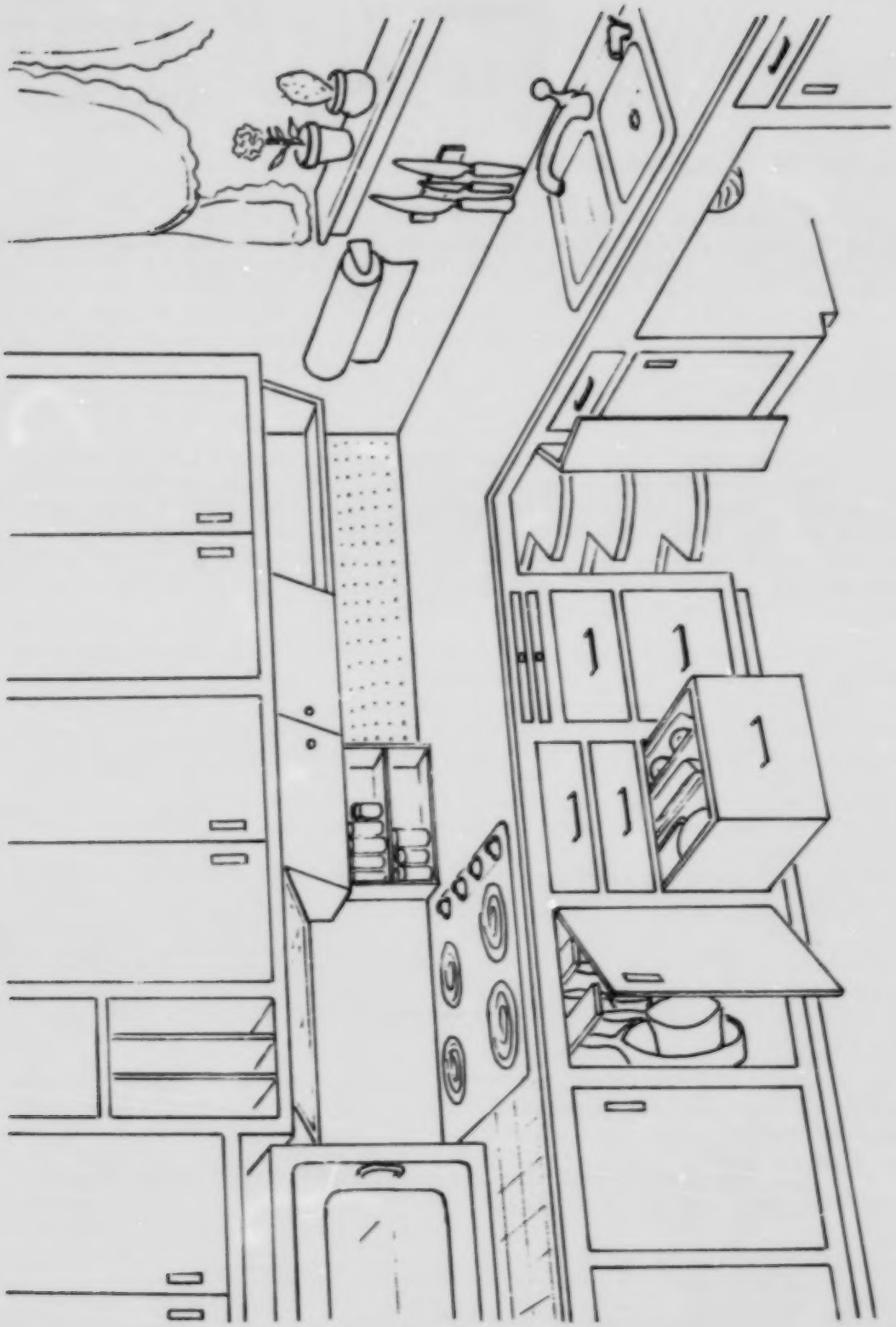
Everyone is entitled to understanding and respect; understanding for the difficulties that beset you, and respect for your efforts.

You can adjust to the limitations imposed upon you, it is up to you and no one else.

M.A.G.



Some Kitchen Suggestions

In order to illustrate some of our kitchen suggestions we have designed this model kitchen. If you are fortunate enough to be redesigning or building a kitchen especially for your own needs, some of these suggestions will be useful.

In the upper cabinet, from left to right:

- a wall oven with side-opening door and heatproof tile counter in front for hot dishes;
- a vertical rack to hold platters and serving plates without stacking;
- a mirror mounted above the stove which, if your are in a wheelchair, helps you see into cooking pots;
- cupboard door handles mounted low for easy reach;
- bins or shelf to utilize waste space below cupboards;
- spice rack close to cooking area;
- pegboard on back wall to hang small items within reach;
- magnetic knife rack;

In the lower cabinet, left to right:

- pots and pans hung on pull-out racks handy to cooking area;
- smooth countertop stove with controls within easy reach;
- large drawer on gliders has vertical dividers for storing cooking pans near the bake area;
- two work boards that pull out from the cabinet, the lower one with a hole to hold a mixing bowl;
- lazy susan to utilize large corner area of cabinet and bring items forward within reach;
- water faucet with single lever control instead of taps that have to be turned;
- spray hose attachment for rinsing dishes or vegetables;
- knee space under the sink is important if you are in a wheelchair;
- insulated drain pipe so you cannot burn your knees.

Cupboards, Storage and Workspace

1. Organizing for convenience

Assuming your reach is limited, the most used things should be stored in accessible areas of your cupboard space. Therefore, it is important to have as much counter space as possible, lots of pegboard for hanging things within reach, racks and hooks on the insides of cupboard doors, pull-out boards for chopping and mixing, vertical slots for storing trays and baking pans, and lazy-susan turn-tables in the corners.

If you walk, but with difficulty, a small kitchen work area is probably best to minimize steps and permit you always to have a table or counter within reach for support. But if you are in a wheelchair you need a large open area to manoeuvre about, and counters with open space below for your knees. If you have a very small apartment-style kitchen, a swivel bar stool in the middle of the area will allow you to sit most of the time and still reach important working areas.

Arrange your work area to reduce to a minimum the amount of walking, bending, stretching, stooping, lifting and carrying in order to conserve both time and energy.

If the back part of deep shelves cannot be reached and it is not possible to make a pull-out drawer, this back portion should be blocked off so things do not get pushed back beyond your reach.

Always have a table or counter near the refrigerator so you can set things down while you are taking them out of or putting them into the frig.

Have a metal table or heatproof counter next to the stove so hot pots can be slid off the burners rather than lifted.

A pass-through hatch between kitchen and dining room saves many steps.

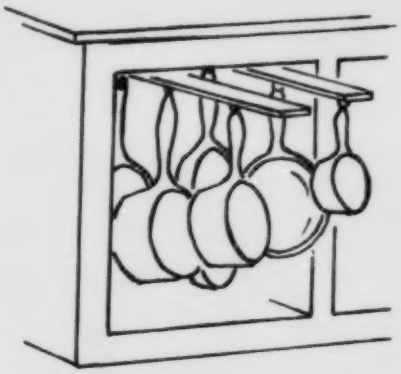
Cupboards, Storage and Workspace (cont'd.)

2. Kitchen cabinets

Ideas to make efficient use of those deep under-the-counter storage cabinets;

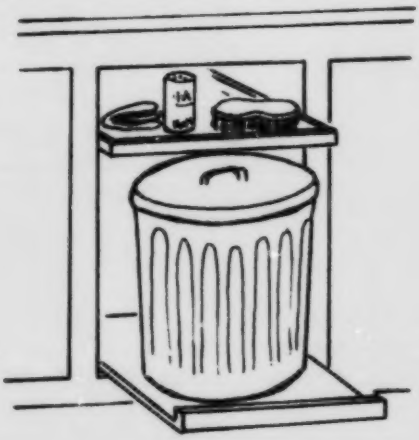
a. pull-out shelves on gliders for storing large pots or small appliances;

b. pull-out sliding racks for small pots that hang;



c. plastic vegetable bins on gliding shelves to store fruits and vegetables that do not need refrigeration;

d. a garbage bin on a sliding shelf with a smaller pull-out shelf above it for cleaning supplies;

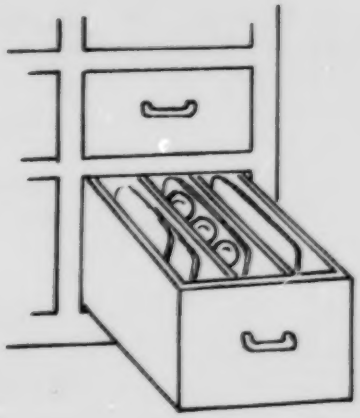


Cupboards, Storage and Workspace (cont'd.)

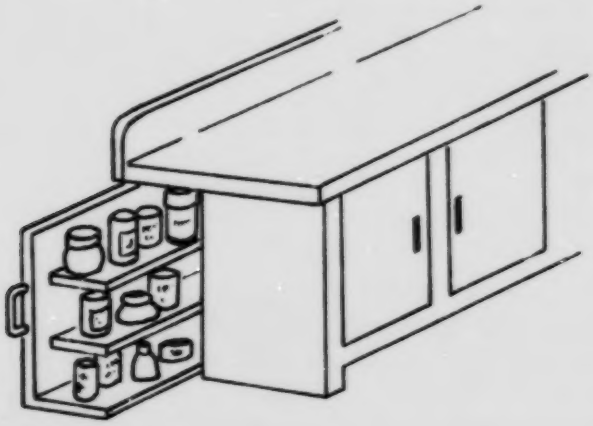
e. a vertical file or rack for cutting board, small trays, lids, pie plates, serving plates, etc.;

f. a carousel in the corner cabinet to utilize space which is otherwise inaccessible;

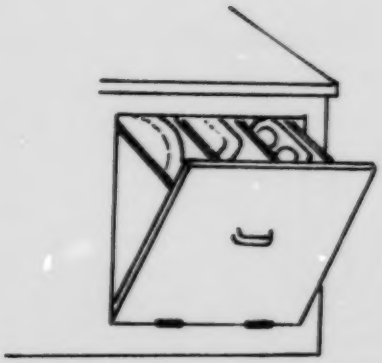
g. deep drawers with vertical dividers to provide useful storage for baking pans. (All large or heavy drawers should be on rollers.);



h. if a cupboard is too deep to be convenient, a pull-out section at the back may solve the problem;



i. put vertical dividers in a tip-out bin. These require very little effort to open;



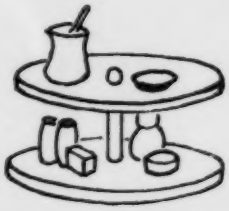
Cupboards, Storage and Workspace (cont'd.)

j. remove cupboard doors from below the sink if you are in a wheelchair so there is space for your knees. If you choose, a curtain may substitute.

3. Counter space

The following suggestions will help to utilize your kitchen counters efficiently:

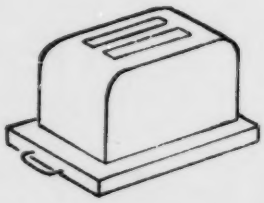
a. a double-decker lazy susan;



b. peg-board on the cabinet back or wall for hanging small items;

c. many small shelves, either built in or attached to the peg board;

d. small appliances such as a toaster, coffee maker, mixer, blender, etc. each sitting on a small board with a handle attached so the appliance can be easily pulled forward when needed;



e. a double socket electrical outlet mounted on the end of the counter so you don't have to reach;

f. a short hose that will attach to the water tap to fill the mop bucket without lifting. (Empty the bucket by bailing into the toilet or sink.);

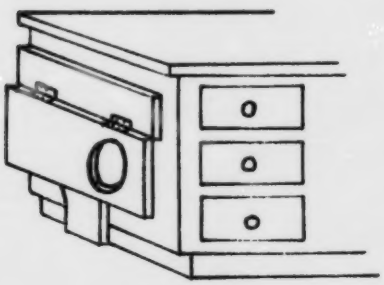
g. if you have a double sink, a butcher's-block cutting board that fits over one side is a great convenience. Chopped vegetables, etc. can be scraped into a bowl set in the other sink;

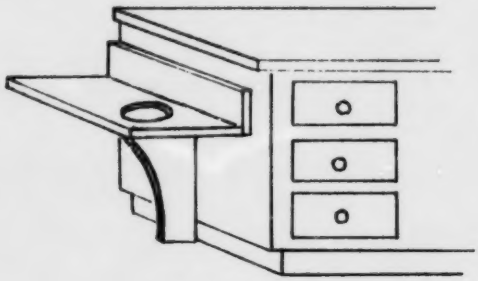
Cupboards, Storage and Workspace (cont'd.)

h. a pull-out work shelf is convenient when you are sitting. One coming out from between the first and second drawers of the cabinet is a good height if you are sitting on an ordinary chair. (You may improvise this by pulling out the second drawer and putting a cutting board across it.) A convenient work height is when your hands are level with your elbows. If you have weakness in your arms, an even lower level will allow you to use the strength of your shoulders for cutting or chopping;

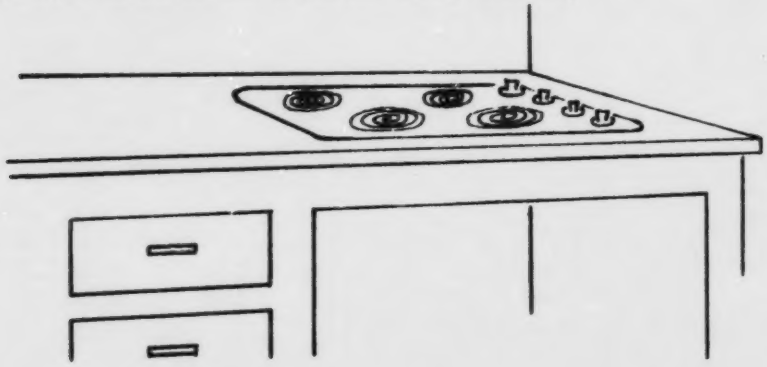
i. a pull-out work board with a hole cut in it to fit your favourite mixing bowl is a great energy saver. The bowl will be even more secure if the hole is edged with foam.

If you do not have space for a pull-out board, consider whether it is possible to have one attached as a drop-leaf to the end of the counter or to the wall;





j. for the wheelchaired homemaker a counter-top range with knee space underneath would be most convenient. If reach is very limited, two 2-burner units mounted end to end would be better than a 4-burner unit. Controls should be within easy reach;



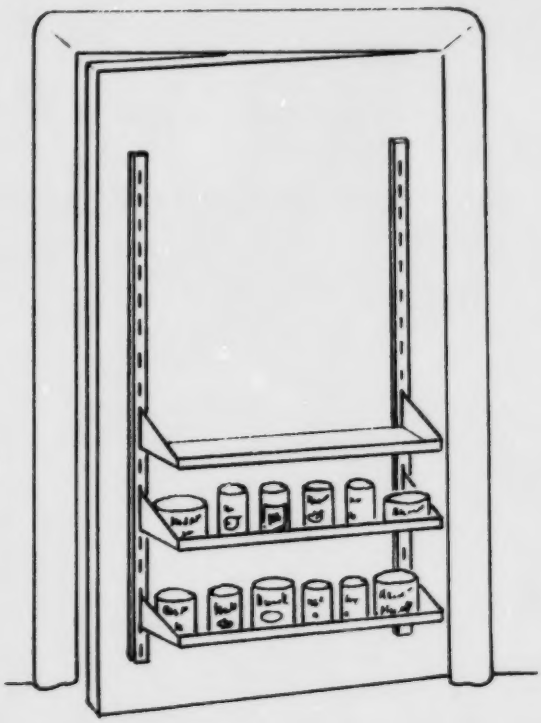
Cupboards, Storage and Workspace (cont'd.)

k. a wall oven with a side opening door should go with the counter-top range. A heatproof counter should be adjacent to both the range and the oven on to which to slide hot dishes. A metal table or trolley might serve this purpose too;

l. the wheelchaired homemaker needs kitchen counter tops at a height of approximately 80 cm (31"). If it is not possible to lower your counter tops you might find that a removable false seat for your wheelchair will give you the extra height needed. It is simply a rigid box that can be set over the seat of your wheelchair.

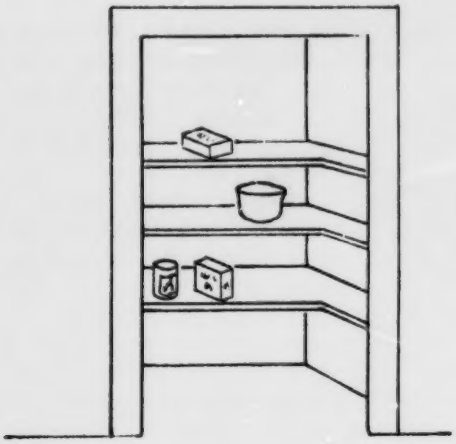
4. Closet storage

a. on the back of the kitchen door can be built a whole rack of narrow shelves for holding canned goods or spices. Shelves up to 9 cm (3 1/2") deep will not interfere with the door jam. Be sure to have a ridge along the front to keep the cans from falling off. Builder's suppliers have metal upright supports that are slotted so shelves can be attached at any level;



Cupboards, Storage and Workspace (cont'd.)

b. if there is a closet or large cupboard near your kitchen, you could remove the outer door and have the interior lined with small shelves;



c. a pull-out storage unit may be built to utilize a narrow broom closet or unused corner. The back should be peg board with hooks to acommodate various items. Small shelf brackets can be attached to the peg board also. On the bottom keep buckets and heavy items.

Helpful Appliances and Utensils

There are many small appliances to make working in the kitchen easier:

1. stools - a high one with a foot rest for working at the sink, (a back rest too if needed),

   - a swivel bar stool if you want to reach all around a small work area;

2. a steno's chair that swivels and rolls;

3. or a light canvas chair on shepherd castors for getting around the house;

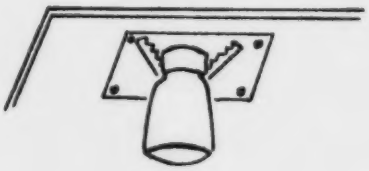
4. a trolly cart;

5. an electric broom instead of a heavy vacuum cleaner;

6. a dust mop with a long flexible handle;

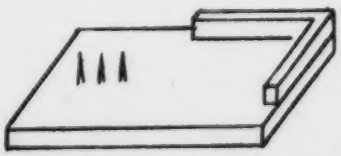
7. a long-handled dust pan;

8. a jar-top opener which mounts on the underside of a shelf so jars can be opened with one hand;



9. a spray hose attachment for the kitchen sink so dishes can be hot rinsed and left to drain dry, vegetables can be washed, and dishes can be rinsed immediately after the meal to make wash-up easier;

10. a board with spikes for peeling vegetables, and a rim edge for buttering bread;



Helpful Appliances and Utensils (cont'd.)

11. a kitchen stove with controls on the front or side, if you can find one, but few are made this way now;

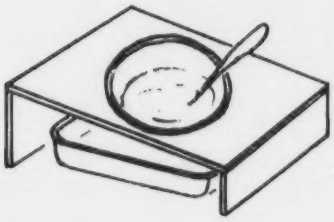
12. smooth ceramic stove top which is easier to clean after a spill;

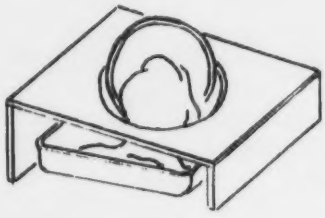
13. a wash bucket on a dolly;

14. a length of hose that will screw onto the kitchen tap to fill the bucket;

15. a work table with an electrical outlet mounted on the edge so you can keep appliances within easy reach;

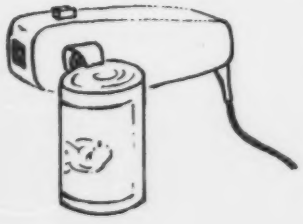
16. a wooden holder to keep a bowl steady while mixing and to hold it upright when emptying the batter (the cake pan slides underneath);





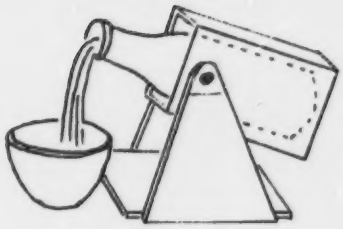
17. a portable electric mixer (requires one strong hand but is versatile because it can be used at the stove or when holding a bowl in your lap). When choosing one be sure you can handle the controls, insert the beaters, etc;

18. a hand-held electric can opener which you may find more convenient than the wall-mounted kind;



Helpful Appliances and Utensils (cont'd.)

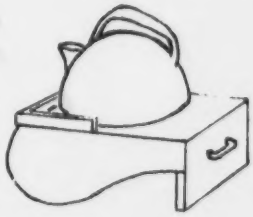
19. a box on a rocker to aid pouring from bottles if your hands are weak;



20. a holder to add a handle to your carton of milk or juice;

21. a heavy ceramic pot to hold kitchen utensils. Hooks on the side can hold small items such as the can opener, measuring spoons, etc.;

22. a simple rocker device so you do not have to lift a kettle or teapot;

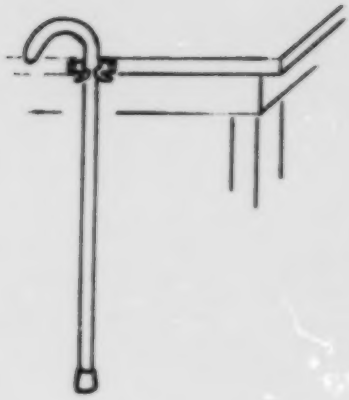


23. a sponge mop with a self-wringing device operated from a standing position;

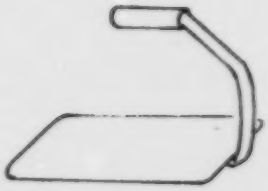
24. grab bars at various places in the kitchen to help you move around without having to keep your cane or crutches always at hand;

Helpful Appliances and Utensils (cont'd.)

25. a broom-holder clip attached to the edge of the cabinet to keep your cane or crutch from falling to the floor when not in use;

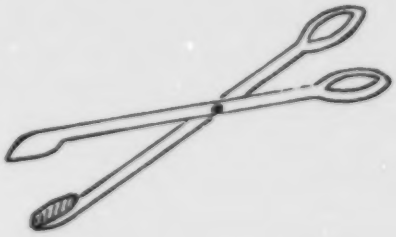


26. a tray you can carry with one hand to help you set the table with fewer steps;



27. a piece of sticky plastic called Dycem to have on your kitchen counter or table to keep mixing bowls from sliding around;

28. one of the many types of reaching tongs on the market. Try several to be sure they fit your grip before you buy one;

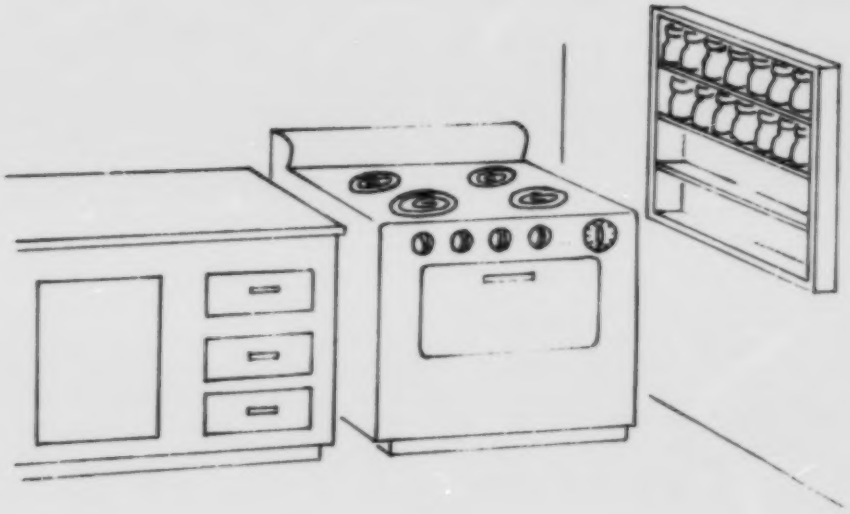


29. if you are in a wheelchair, a mirror positioned at an angle above the stove will let you see into the pots. (A small mirror on a stick works too.);

30. if you have a space near the cook stove to hang the pots and their lids, it will save you many steps;

Helpful Appliances and Utensils (cont'd.)

31. a spice rack at eye level near the stove will inspire that gourmet touch to your cooking. If you have difficulty reading labels, arrange spices in a special order, (i.e. all soup herbs together), or colour code the bottles.



Lots of little things are useful too:

1. a slotted spoon;

2. tongs;

3. small casseroles with stubby handles or clip-on handles;

4. barbeque oven mitts which are extra long to prevent burns to your wrists and arms;

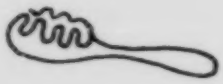
5. a wire whisk for beating eggs, mixing cake batter or cooking sauces. (Sometimes you can find a whisk that has a pumping action.);

Helpful Appliances and Utensils (cont'd.)

6. an onion holder - to hold vegetables or meat for slicing;

7. salad servers made like tongs;

8. spaghetti ladle;



9. mixing bowls and measuring cups with rubber rings in their bases to prevent sliding (available in many kitchen shops);

10. jar opener for screw caps;

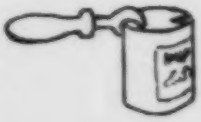
11. cookbook holder;

12. meatball maker (scissor type);

13. a shaker container designed for mixing flour and water for gravy or sauces, making small quantities of pancake batter or shaking cocktails;

14. giant bottle openers, found in gift shops;

15. can punches with large handles which are easier to use than the usual flat metal ones;

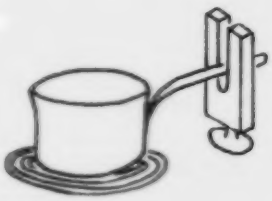


Helpful Appliances and Utensils (cont'd.)

16. a flour sifter with the spring action handle which can be used with one hand;

17. utility handles which can be snapped onto any pot when you need two handles for stability (available from kitchen or camping supply stores);

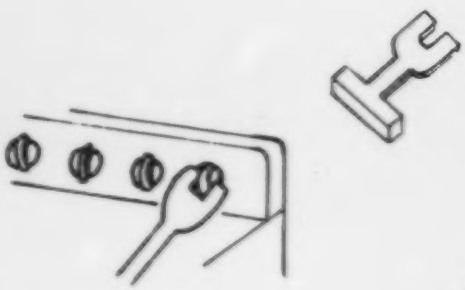
18. a Y-shaped holder attached to the stove with a suction cup to hold the handle of a pot while stirring;



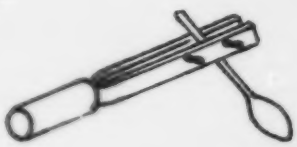
19. spring-form cake pans to simplify the problem of turning out a cake;

20. a liquor measure to control the amount of liquid poured;

21. a wooden spoon cut to fit over stove knobs to help you reach or to help you turn them if your finger grasp is weak (or perhaps a stick with a T handle to give you better control);

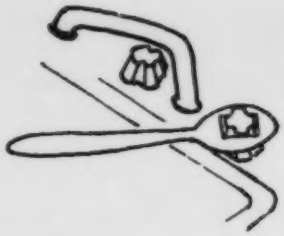


22. to stir pots on the back of the stove, an extension holder for the mixing spoon;



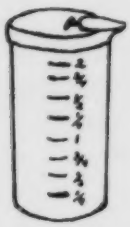
Helpful Appliances and Utensils (cont'd.)

23. a large wooden spoon or small board cut to fit over your kitchen water taps, to turn them on and off if your grasp is weak;



24. a small scrub brush attached to the sink with suction cups to help wash the cutlery (good for scrubbing vegetables too), also a dish mop attached to wash cups and glasses;

25. a single container that measures, mixes and pours to save preparation time;



26. if you are in a wheelchair and cannot reach up, a light wooden or plastic bar with a little hole in it to fit over and operate a light switch.

CHAPTER III

COOKING TECHNIQUES

Coping in the Kitchen

If you spent several weeks, or months, in hospital and getting therapy you will probably find, as I did, that meal planning, shopping, and cooking regular meals every day for the family have become a lost art. But, like most things, your talents will return in time. If you have, further, lost the use of an arm, only persistence accompanied with many frustrations is going to feed that family again.

Start with a meal plan for the coming week then make a detailed shopping list. Take full advantage of the selection of cleaned, chopped vegetables in the freezer section at the supermarket because at first you may find chopping difficult. Consider broad noodles, rice or pasta in place of potatoes. At times we enjoy the commercial scalloped potatoes. List your selection of meats for the week with a thought to ease of preparation, then think of the extra touches that make your meals special - poultry dressing (packaged mix) with baked pork chops; spiced canned applesauce with sausages; cream sauces made with canned soups, etc. Condiments such as cranberry sauce, horseradish or tartar sauce add zip too. Your family will be amazed. For desserts, fruit is tops on my list but I also get inspiration from the packaged mixes. How about hot muffins (from a cake mix) with a teaspoon of jam hidden in each one before baking. Surprise! Or tea biscuits split and smothered with fruit and a dab of cream. Pastry is a good challenge. Try it some day when you have time.

To use leftovers I find salvation in the canned soup area. Marvellous combinations are possible. Leftover meats, vegetables, eggs or cheeses mixed into a cream soup, well seasoned with interesting herbs or a touch of curry powder and served over toast triangles make a hearty lunch. Be creative. It's fun.

Include plenty of salad greens in your shopping list. When you get home, clean and trim the vegetables before storing; it will make meal preparation much easier.

Give yourself plenty of time, be creative, and enjoy!

Barbara Ingram

Working Easier

If hands are weak use both hands, one on top of the other, whenever possible.

To wring out a dishcloth put it around the water tap and twist.

To lift heavy dishes out of the oven, lift in two stages; first to a low trolley then to the counter.

Pouring from the kettle: If you do not have a tilt stand, slide the kettle over to the sink; put the tea pot in the sink and tilt the kettle without lifting it.

If you are shaky at pouring use plastic jugs with lids and pouring spouts. Use a funnel to fill bottles with small tops. Whenever possible tilt rather than lift a jug; it is steadier.

To lift a canister or storage jar, remove the lid and pick it up by the rim.

Keep your kitchen knives really sharp. They are much less dangerous to use if they cut without forcing.

A nut chopper is useful for cutting salad vegetables, mincing onions, chopping eggs for sandwich filling, etc. because it does not require fine finger coordination.

If you buy groceries in large jars or packages, transfer the contents into smaller containers for easy handling.

Working Easier (cont'd.)

When you find jars or containers that are easy to open save them to use again and again as canisters.

To help your hands, remember that other parts of your body are useful for gripping and holding things, i.e. use your teeth to hold the corner of a towel while you fold it; change the pillow case by holding the pillow under your chin (or with your teeth). Many things can be gripped with your knees, or by your elbow pressed against your body, or your hip pressed against the counter. Step on the corner of the dustpan to hold it in place instead of stooping.

A wide strap that passes behind your buttocks and clips to the cabinet will reduce fatigue while you work. A cushion in front of your stomach will make it more comfortable and secure. Caution: This type of standing set-up should be used only with medical approval.

To unscrew jar tops:

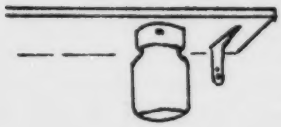
a. turn jar upside down and give it a couple of sharp knocks on the table or floor;

b. if the lid is metal run hot water over the top to expand it;

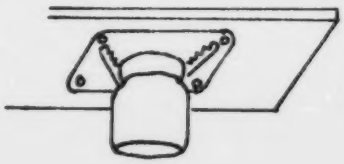
c. sit down and hold the jar between your knees;

d. put the jar in a drawer and press the drawer shut with your hip while you turn the lid (a piece of rubber glued to the inner edge of the drawer will improve the grip). This is also a good hold for pulling corks or removing bottle caps;

e. for your instant coffee jar, fasten the lid to the underside of a shelf with a screw nail through the lid of the jar, then screw the jar into the lid instead of vice versa -much easier;

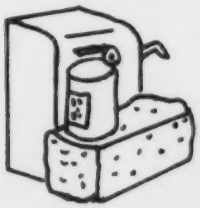


f. in kitchen shops you will find several kinds of gripping aids, but for the person with the use of only one hand the most useful is a V-shaped device that fastens under a shelf or projects from a wall bracket. Teeth along the inside edge of the V will grip any sized bottle or jar cap which is pressed into it.



To open cans:

a. There are can openers on the market which have levers that you can operate with one hand.



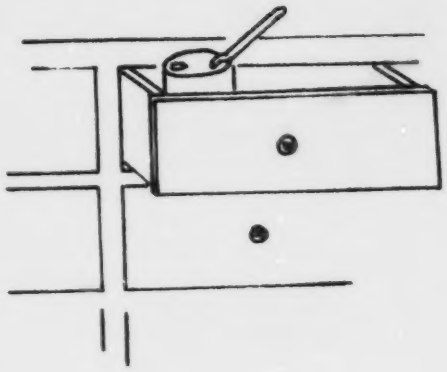
If yours does not, use a large sponge to hold the can up while you use the lever to start the cutting wheel;

b. if your can opener is a wall-mounted type, and you have the use of only one hand, you may be able to use your chin to press the level while your good hand holds the can in position;

Working Easier (cont'd.)

c. to open cans that have a twist key, such as sardine and canned meat tins, give yourself more leverage by putting a spoon handle through the head of the key;

d. when using a punch type can opener, as you would for canned milk or tomato juice, put the can in a drawer and press the drawer shut against it with your hip while you use both hands on the can opener. It may be necessary to put a book or folded towel under the can to raise it above the edge of the drawer.



Baking Hints

1. Breaking eggs:

Professional chefs do it with one hand! Can you?

Holding the egg in the palm of your hand, crack it deeply on the edge of the bowl. While holding one half with your first two fingers and the other half with the 3rd and 4th fingers, push the two halves apart with your thumb. Takes practice.

-- For the less professional -- drop the egg into a china or glass bowl from about 23-25 cm (9-10 ins) up. From this distance the shell will usually break in two and can be picked out.

Baking Hints (cont'd.)

2. Separating eggs:

There are several designs of egg separators on the market and every kitchen supply shop has at least one.

If you do not have such a gadget you can:

a. Break the egg into a small dish. Turn an egg cup over the yolk, then, holding the egg cup and dish firmly, pour off the white;

or

b. break the egg into a saucer and gently pick out the yolk with a slotted spoon, or your fingers;

or

c. have a small funnel that fits over a cup. Break the egg into the funnel and let the white run through.

3. When greasing cake tins:

a. A damp cloth on the table will keep the pan from sliding around;

b. use a pastry brush and cooking oil instead of buttered paper;

c. use good quality teflon pans whenever possible.

4. When mixing cake batter, warm the sugar before adding to the shortening to make creaming easier.

5. To drop cookie batter or bun dough, dip your spoon in hot water frequently. An ice cream scoop works well too.

6. A firm cookie dough can be rolled into a log and sliced.

Baking Hints (cont'd.)

7. Instead of a knife use kitchen shears for chopping dried fruit or marshmallows. Dip the shears in hot water to keep them from getting sticky.

8. To stabilize a mixing bowl:

   a. Set it on a damp towel or thin sponge;

   b. have a circular hole cut in a work board to fit over an opened drawer or over the sink. It will be even more secure if the hole is edged with foam;

   c. have a piece of dycem on your counter, (this is a very sticky plastic designed to keep bowls and plates from slipping and is available from rehabilitation units or handicapped specialty stores);

   d. set the bowl in the sink if you are shaky and tend to spill things. The sink is also at a lower level that is more comfortable for mixing;

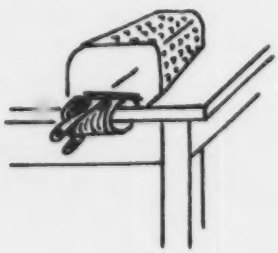
   e. special heavy duty plastic bowls and measuring containers with non-slip rubber rings inset in the bottoms are available in kitchen shops;

   f. sit down and hold the bowl in your lap;

   g. use your tilt board to help pour the batter into the pan.

9. Grating:

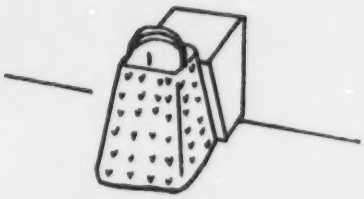
   a. Use a large bulldog clip to hold the grater to the table. Spread a wax paper under the grater to catch the food;



Baking Hints (cont'd.)

b. you can make or buy a special stand to hold a grater. Sometimes this feature is combined into the utility spike-board on which you peel vegetables, butter bread, etc.;

c. have a wooden block cut to square up the angle of your grater so you can push it against the wall or the back of the counter;



d. use your chin to steady a top-handle type of grater.

10. Making pies:

a. Some people manage a rolling pin with one hand quite nicely by placing the palm of their hand flat on the roller;

b. there are one-handed rolling pins available in specialty shops, or

you can alter a regular rolling pin into a one-handed type by cutting the handles short and attaching a strong metal bridge to go from end to end;

Baking Hints (cont'd.)

c. to transfer your rolled pastry to the pie plate:

i. gently fold the dough into quarters, lift the folded dough to the pie plate and carefully unfold, or

ii. gently roll the sheet of dough over the rolling pin and transfer to the pie plate;

d. a sheet of foil in the bottom of the oven when baking pies or casseroles will catch any spills and save major clean-ups.

Preparing Vegetables and Fruit

1. If your hands are weak, consider these ideas:

a. Build up the size of your paring knife handle by wrapping it many times with adhesive (surgical) tape;

b. use a bicycle handlebar grip or piece of rubber tubing over the tape if necessary;

Preparing Vegetables and Fruit (cont'd.)

c. have a metal frame fastened to the handle to slip your hand into;

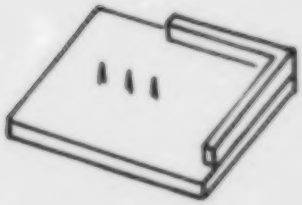
d. there is a soft rubber tubing called rubazote (available at handicapped specialty stores) which can be cut to any length and used to enlarge the handles of small utensils such as knives, spoons, toothbrushes, pot handles, etc.;

e. there is a potato peeler on the market that has a wide, flat grip and can be pulled rather than pushed;

f. if you can use only one hand, have this wide peeler attached with screws to a length of board which can be clamped to the water faucet. With this the vegetable can be peeled directly under the running water.

Preparing Vegetables and Fruit (cont'd.)

2. A spike board is helpful for anyone, but especially useful for those people who have only one hand. It is intended to hold a vegetable while you peel or chop it, a slice of bread while you butter it, or a grater while you grate onions or cheese, etc. It is available from handicapped supply stores, but quite a simple thing to make. If you make one, be sure the nails are aluminum so they won't rust.



3. An onion holder will stabilize any vegetable for slicing or chopping. Keeps your fingers out of the way too. Just push it into the vegetable and slice between the tines. If you have the use of only one hand let the vegetable roll over until the holder rests on the table. Available in any kitchen shop.

4. A chopping board that fits across your sink lets you scrape the chopped vegetables off directly into a bowl set in the sink below. (The work board with the hole, mentioned before, works well for this).

5. To drain hot vegetables:

   a. Lift large vegetables like corn on the cob with tongs, lift small vegetables with a slotted spoon. In this way the cooking water can be left to cool before dumping;

   b. use a steamer basket if you have one. With a steamer basket small portions of several different vegetables can be cooked in one pot without the flavours mixing;

Preparing Vegetables and Fruit (cont'd.)

c. a deep fryer basket works for steaming or boiling.

6. To stabilize a pan on the stove:

a. If you put a large pot or kettle on the next burner, then the handle of the pot you are using will bump into it and prevent your pot from spinning while you stir;

b. a wooden prong on suction cups will hold the pot handle.

7. Cooking shortcuts:

a. Boil or bake potatoes with their skins on; they are more nutritious that way and it saves a lot of preparation time;

b. place small potatoes, carrots, cut turnips, onions, or any of the hard vegetables around a roast, chicken or chops while baking;

c. cook and serve foods in the same dish, (glass or earthenware casseroles that can go from frig to oven to table);

d. several leftovers can be heated at once by arranging them in an ovenproof dish.

Preparing Vegetables and Fruit (cont'd.)

8. Peeling oranges:

a. It takes much less strength to peel an orange with a sharp knife. Cut off both ends, just deep enough to cut into the flesh. Stand orange up on end (on the spike board if you are using just one hand). Using a sharp knife cut the skin off in strips from top to bottom all around, following the curve of the orange. Cut the peeled orange into bite-size pieces and serve in a bowl;

b. oranges are easier to finger-peel if they have been blanched in boiling water, then covered with cold water;

c. leaving the peel on, you could cut the orange in half crosswise then into small sections. The pieces are easy to pick up and bite into.

9. Apples:

Kitchenware stores carry cutters which core and section apples. Some of these do not require fine finger movement but do require strength.

Serving and Serving Tables

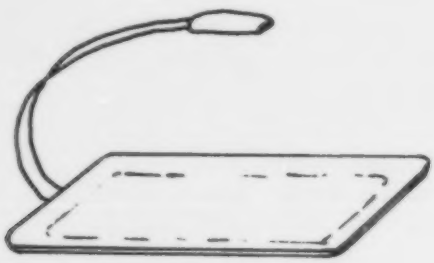
1. You may well find that a trolley is the most useful piece of furniture in your house:

   a. Use it to transfer dishes and food from the kitchen to the dining room table and to clear the table afterwards;

   b. dress it up with a pretty tray cloth and serve tea to your guests directly from the trolley;

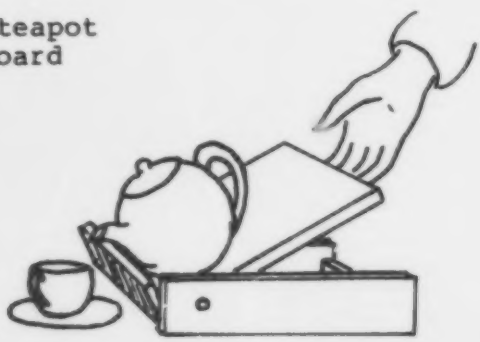
   c. the same trolley will be useful to deliver folded laundry to the separate rooms, and to keep your cleaning supplies near you while you are cleaning house.

2. If you have the use of only one hand, a tray with a handle will help you carry and serve.



3. For some people teapots with handles on top (Chinese style) are easier to lift and tip.

4. If you cannot lift a teapot for pouring, a tilt board is useful.

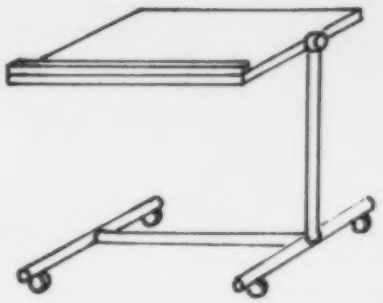


Serving and Serving Tables (cont'd.)

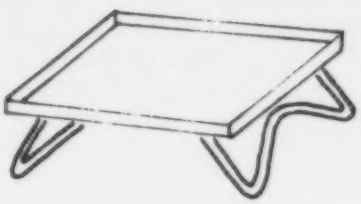
5. A pass-through from kitchen to dining room is helpful, as are dish cupboards that open on both sides.

6. Serving tables for bed or armchair:

   a. A cantilevered table of adjustable height can be very useful whether you are sitting up in bed or in an armchair. Especially good are the ones that will tilt to hold a book or note paper. Some have a little compartment to hold a mirror and toiletries. These are available from medical supply houses;



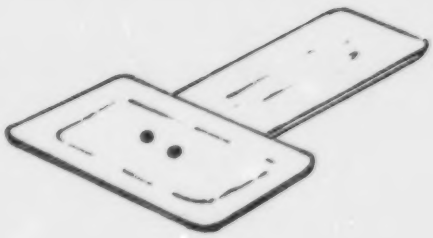
   b. much less expensive is the ordinary lap tray with folding legs. Some will tilt to hold a book also. They are available from most department stores;



   c. a temporary lap table can be made from a large cardboard box. Just cut away enough of the sides of the box to let it fit over your lap;

   d. a large firm cushion can be used to hold a serving tray on your lap. Choose one that is not too heavy but is firm and flat on top;

e. to hold small articles or food at the side of the bed, attach a metal tray to a piece of 1/4-inch plywood. Slip the plywood between the mattress and box spring of the bed.



7. If you are in a wheelchair you will find a TV stand makes a convenient tea wagon. It is lower than the usual tea wagon, has a good handle, and the swivel castors make it easy to push in front of your wheelchair. A nice one can be bought for a reasonable price and is quite handsome enough so you can serve your friends with pride.

CHAPTER IV

LIVING EASIER

Work relaxed, work to music.

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When you get home from the hospital you will probably find that you have less reserve energy than you thought you would have, but it is important not to let yourself sit around too long doing nothing. Begin by gathering your family together to discuss what problems you have and how they might be solved. You can still be an efficient homemaker while doing things in a simplified way. Consider how you can adapt certain jobs to your new limitations, which tasks can be eliminated entirely and which could be taken over by other members of the family.

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There are so many routine chores you can take care of, and so relieve the boredom for yourself and lighten the burden for someone else. Think of the vacuum cleaner as a quad cane on wheels -- you can manage it. Practice makes perfect. The major difference is timing - allow more time, and remember to take regular breaks. Don't schedule several difficult jobs for the same day, but keep trying to increase your skills. Adding to your accomplishments will give you more confidence and doing things will help fill quiet or lonely days. Don't be surprised if your new abilities even surpass your previous abilities!

B.I.

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It takes common sense to know when to ask for help -- and when to turn it down.

****

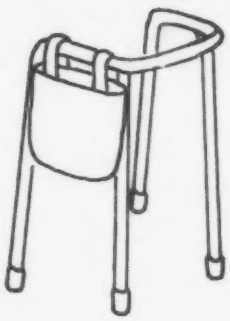
Pouches, Pouches Everywhere!

1. On your crutches:

This pouch could be made of leather and used as a purse, or of heavy canvas for carrying anything. Two narrow straps fasten it to the handgrip but still leave room for your hand. You may want to tie the bottom down to keep it from bumping.

2. On your walker:

a. Any stout canvas or grass-cloth bag, such as tourists use, can be adapted for this. Change the handles so they will go from one side of the bag to the other, over the frame. Fasten the strap ends with good-sized patches of velcro so they will be strong yet easily removed;



b. a bicycle basket makes a great carrier for your walker too. You will find the wicker baskets more durable than the plastic kind. (Open mesh baskets may require a liner). Fasten the basket to the cross-bar and the two front legs of the walker. Inside you can fasten a plastic tumbler with a loop of elasitc for carrying small items upright. Other pockets or loops to suit your own particular needs can be added.

Pouches, Pouches Everywhere! (cont'd.)

3. On your wheelchair:

   a. Sew a long narrow pouch to fit on the inside of the arm of your wheelchair, where it can tuck down neatly beside you, as a convenient and safe place for your wallet. Use a zipper closing to prevent spills and attach a key-ring fob to the zipper pull for convenience. Velcro tabs will do if you have difficulty with a zipper;

   b. because it is difficult to reach down to the bottom of your wheelchair bag for small objects, add several pockets. Have one pocket inside for security to hold your change purse, pills, etc. and another outside for such things as kleenex and reading material. Use heavy jacket zippers that slide easily and large keychain rings for pulls.

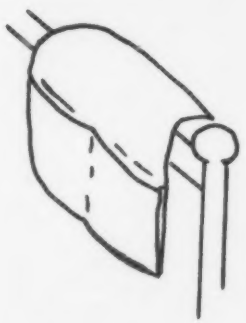
4. On your bed:

   It is such a comfort to know exactly where to find that book you were reading, your reading glasses, a kleenex, or other little things you like to have nearby.

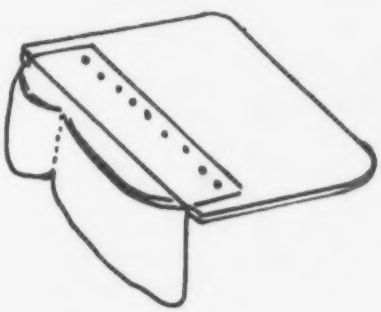
Pouches, Pouches Everywhere! (cont'd.)

a. If the headboard of your bed is high enough, a couple of good-sized pouches can be fastened there. Make two pockets of strong fabric on a firm backing. The backing piece should be long enough to loop over the headboard and adjust the pockets to a convenient height. If the headboard is a rail, fasten the material back upon itself with velcro or stitching. If the headboard is a wooden panel, tack the fabric along the back side of it;

b. if you have a hospital-style bed with side rails, the same type of pouches can be fastened there;



c. if you want pouches at the side of your bed but have no way of fastening them, here is a solution. Make the pockets in the same manner as above but tack the back edge to a piece of quarter-inch plywood. Slide the plywood under the mattress to hold it firmly.



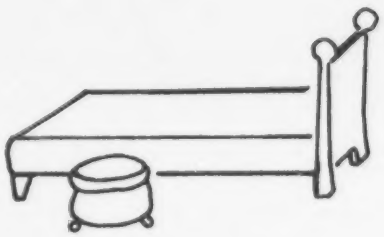
In the Bedroom

1. Making the bed:

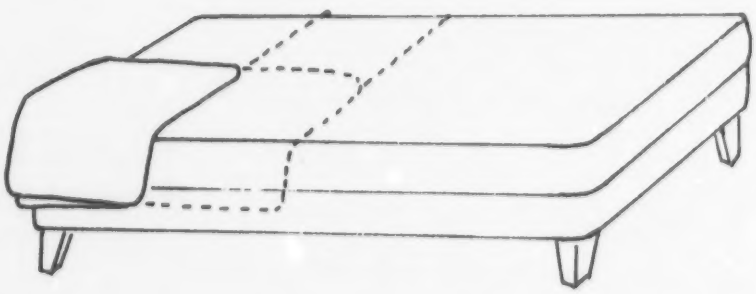
   a. Eliminate unnecessary motions such as "smoothing" the bed. A light comforter is as pretty as a bedspread, much easier to keep tidy and does not need to be removed and folded away every night;

   b. cover your pillows with satin to make it easier to slip pillow cases on and off;

   c. a small stool or hassock on castors eliminates the need to stoop while making beds;

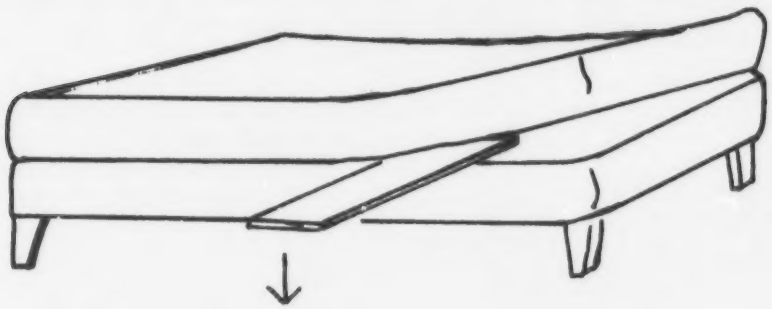


   d. to change the bed: Open the folded sheet out until it is just folded in quarters (or eights) then position the folded edge in such a way that when opened the rest of the way, the sheet will be where you want it;



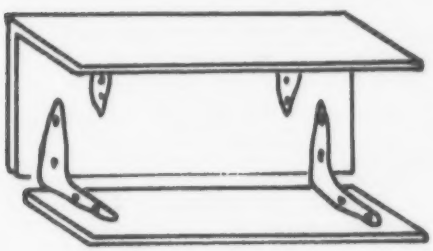
In the Bedroom (cont'd.)

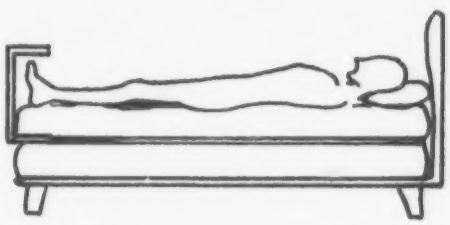
e. as an aid for tucking the sheets and blankets in at the foot of the bed, use a piece of flat board. Slip the board between the mattress and box spring and press on it with your knee to pry the mattress up;



f. a smooth wooden oven paddle can be used to tuck in the bedding.

2. To make a frame (foot cradle) to hold blankets off a person's feet, use three smooth boards fastened together with shelf brackets. The back riser should be deep enough to fit under the mattress and still leave plenty of space for the feet.



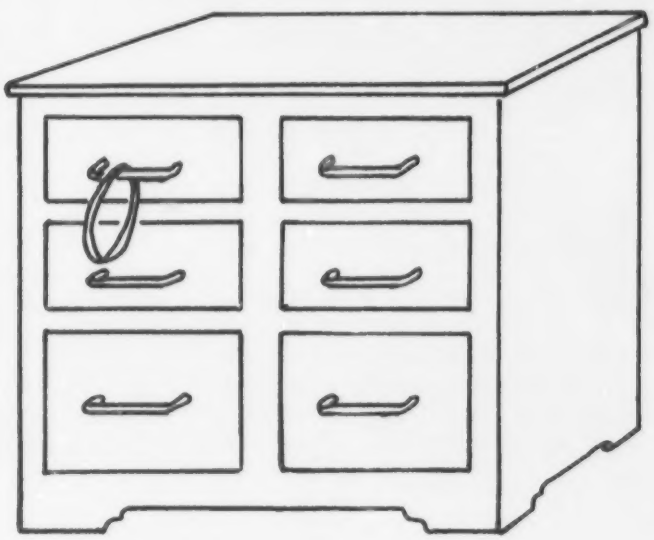


If your need for a foot cradle is only temporary, a large cardboard box will do the trick.

In the Bedroom (cont'd.)

3. If you have difficulty getting the last corner of a fitted sheet over the end of the mattress, try this. Split the corner seam of the sheet about 2/3 of its length from the underside toward the top and fold back the edges to make a wedge-shaped opening. Attach a piece of elastic diagonally across the open end. About 10 cm (4") of elastic should give you enough stretch to easily slip the corner of the sheet over the mattress.

4. Dresser drawers should be made to slide as easily as possible, and should have bar type pulls rather than knobs. Add a leather strap if it is necessary for you to use your forearm instead of your hand to open a drawer.

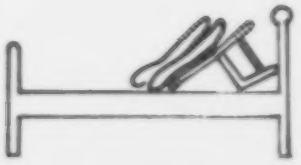


In the Bedroom (cont'd.)

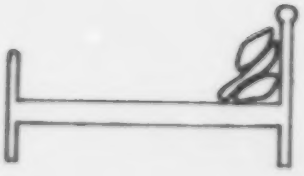
5. Bedrests:

   a. An ordinary bed can be made adjustable by having two pieces of plywood under the mattress, with a join where the person's hips will be. Either the head and shoulders portion or the legs can be elevated by putting a block under one end;

   b. a quick backrest can be made by turning a small kitchen chair upside down and covering it with pillows;



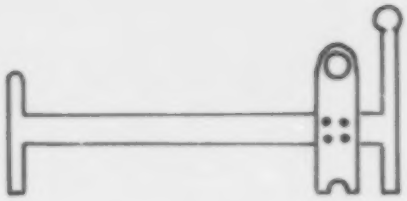
   c. when propping a person up with pilows use 3 pillows to give good support. Place the first one crosswise, the second lengthwise (to support the lower back) and the third crosswise.



6. To help you pull yourself to a sitting position in bed, a knotted rope or long piece of sheet material many help. Tie one end securely to the footboard or underframe of the bed and keep the other end nearby where you can reach it.

In the Bedroom (cont'd.)

7. To help you get to a standing position, a strong upright support fastened securely near the head of the bed can be made from plywood. It should have a good hand-hold at the top and be strong enough to support your weight as you pull yourself up.



8. If elevation is needed for a short term, wooden blocks under the bed legs are much cheaper than buying or renting a hospital bed. Drill out a hollow in the middle of the block or make a rim around the edge so the bed leg cannot slip off.

9. For sleeping comfort, a light mohair throw-blanket used as a top sheet is a great way to stop the night-time chills.

10. If getting to the bathroom at night is a problem, perhaps having a commode chair in the bedroom would help. Commode chairs are available from medical supply houses but they can be made fairly simply by cutting an oval hole in the seat of an ordinary wooden chair and setting a plastic pail underneath. You might like to tack a pretty skirt around the chair and put a cushion over the seat to disguise its real purpose. Deodorants for commode use are available in most drug stores.

In the Bedroom (cont'd.)

11. Consider also the portable toilets used in vans and campers. These are usually quite low and would have to be set up on a box to be at a comfortable height.

In the Laundry

Tips to make washday easier:

1. First the obvious - around the house use as many "non-laundry" items as possible i.e., paper serviettes and plastic placemats instead of tablecloths.

   When buying clothes, choose good quality, no-iron materials that need only be machine-washed and dried.

2. Do not over-soil clothes. Doing small frequent washes is less burdensome than one big, tiring laundry day.

3. A laundry chute directly from the upstairs bedroom or bathroom area to the laundry area is a great step saver.

4. Have the laundry basket on a trolley cart at a comfortable height to avoid stooping.

5. Treat "ring around the collar" and soiled spots by rubbing in a bit of liquid detergent before putting in the machine. A grooved drainboard makes a good scrub board.

6. For doing handwash in the sink, a toilet plunger works well.

7. To wring garments with one hand twist them around the faucet. Roll knitted garments in a large towel and knead out the excess water.

In the Laundry (cont'd.)

8. If you hang laundry on a clothesline it may be easier to carry it in a basket with a top handle.

9. Have a clothespin bag that hangs on the line.

10. To pin clothes on a line with one hand, first put the pin in your teeth. Pick up a corner of the garment and hold it on the line with the last three fingers. Transfer the pin to your thumb and first finger and fasten it on. It takes practice, and the line must be at a suitable height.

11. Have a work table where you can sit to sort and fold finished laundry and a shelf or cupboard where supplies, detergent, etc. can be kept within reach.

12. Sort each family member's clothes into a separate pile, and encourage each person to pick up and put away his or her own pile of clothes.

13. When ironing must be done, lower the board so you can sit, and have it close to your sorting/folding table for easy reaching.

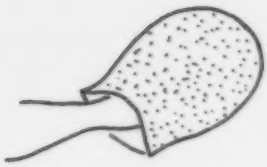
14. If possible, have a separate place for each regular job - laundry, ironing, sewing, hobbies, exercising, etc. - so that equipment and supplies can be arranged conveniently without having to put them away every time.

15. If you have difficulty reaching to the bottom of the washing machine, an apartment-size washer could be helpful.

16. Lingerie and many small items can be put into a mesh bag or pillowcase for machine washing and will be easier to handle.

Housekeeping

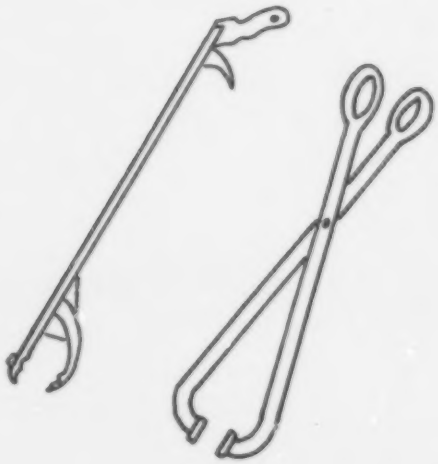
1. A dusting mitt can easily be made from the better parts of a wornout terry towel.



2. You can make a similar one to fit your foot for floor dusting or mopping up kitchen and bathroom spills without having to bend down. A piece of 12 mm foam inside will help it keep its shape.

3. If you have difficulty bending down, a dish mop with a handle is convenient for mopping up small spills on the floor.

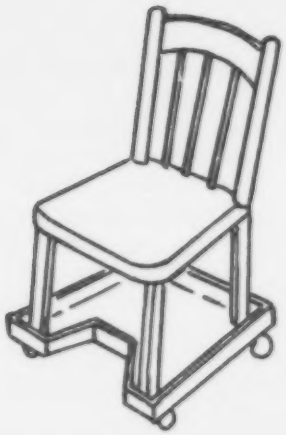
4. A pair of long (about 75 cm) lightweight, scissor-like tongs are handy if kept by you when working, dressing, or when sitting in your chair. There are several different types on the market.



5. Slide things instead of lifting. (If you must lean on the furniture for stability, avoid using castors under items such as chairs or tables).

Housekeeping (cont'd.)

6. An ordinary wooden chair secured to a dolly can be useful in the kitchen or laundry, as a trolley or as a roll-around chair. Some people may find it necessary to steady the chair against a wall when sitting down or rising.



7. A stenographer's chair can be used in the same way.

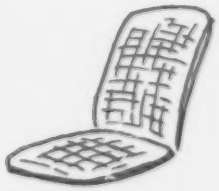
8. To save yourself many steps, keep a wastepaper basket in each room.

9. To make fewer trips, have baskets near the head and foot of the stairs where you can collect things that need to be taken down or up.

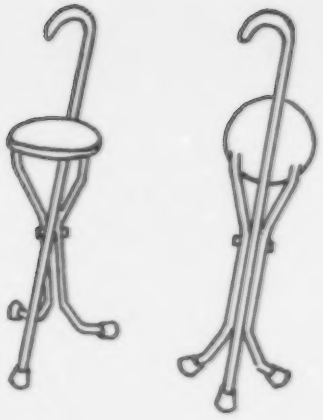
10. Empty the vacuum bag onto damp newspaper to keep dust under control.

Odds and Ends

1. To avoid heat and perspiration while sitting in a wheelchair, use a basket-weave "cool-seat" made for a car. They are sold by automotive supply firms.



2. Are you a person capable of walking to the bus stop but unable to stand for 15 minutes waiting for the bus? Would you like to be able to rest now and then while shopping or sight-seeing? Consider using a cane-stool. When folded it is a cane with a little extra weight; open it is a sturdy stool with a 20 cm or 22 cm seat.



3. Many people find it difficult to put drops into their own eyes and become dependent on others to do it for them. To do it yourself try this: Get a pair of cheap, dark plastic sunglasses and drill a hole in each lens. The hole should be large enough to allow only the tip of the eyedropper to fit snugly into it. Clean the lenses thoroughly after drilling. Now, with the glasses on, tip your head far back or lie down, fit the eyedropper to the hole and squeeze. There should be no missing because of a shaky hand, no blinking and no danger of the dropper poking the eye.

To position the hole properly, with the glasses on mark on the lens directly in front of the pupil of your eye. Drill the hole 2 mm closer to the nose than your original mark so the drop will fall slightly off centre of your eyeball. (Felt pen or nail polish can be used to mark on plastic).

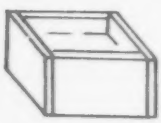
4. To save a lot of cleaning up, keep two pieces of old towel handy near the door to wipe the wheels of your wheelchair when you come inside on wet or snowy days. With one towel in each hand you can wipe the wheels as you roll along.

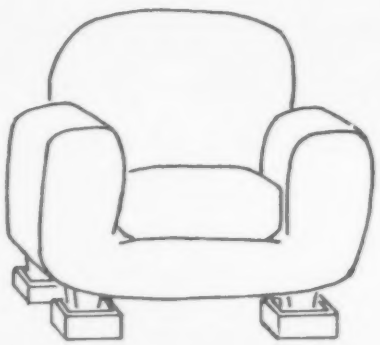
Odds and Ends (cont'd.)

5. Be a welcome guest! When visiting a friend's home on a snowy day carry your own cloth to wipe the wheels of your wheelchair. Even when wiped off, tires will still leave tracks, so in bad weather take along two or three sheets of plastic (garbage bags split open work fine) to be spread in front of you as you roll across the floor. Leave the last one in place under your wheels so they won't leave stains on the carpet. Similarly, if you are a walking person who cannot wear rubbers or overshoes, have a cloth with you to wipe the slush off your shoes and a small piece of plastic to put under your feet when you sit down. Your hostess will appreciate your thoughtfulness.

6. While relaxing at home don't overlook the merits of the old fashioned rocking chair in the parlor. Rocking is a gentle passive exercise for a great many muscles and joints.

7. If you have difficulty getting up from your favorite armchair, have it raised on blocks to a height that is convenient. The blocks must be wide and have a rim around the edge so there is no danger of the legs slipping off.





CHAPTER V

READING, WRITING AND TELEPHONING

Ideas are funny little things; they don't work unless you do.

M.A.G.

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Remember that a man or woman is known by his or her good name. Work to keep your hand so that you can sign your name legibly; so long as you retain the ability to identify yourself by your signature you will always feel like a real person. The general public unfortunately has yet to learn that handicapped persons are no less real than other people and by this small act you can help let it be known.

Freedom of choice by an individual is a precious right and you may lose some of that freedom if you have had to give someone your power of attorney. In some instances both you and society could suffer, with humanity gaining nothing from your loss.

G.M.S.

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There is nothing really insignificant in this world, and even great undertakings demand the honest, useful work of people who think they don't count.

S.G.

****

It is important to remember that progress comes by inches.

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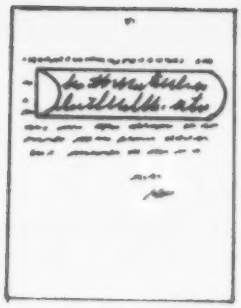
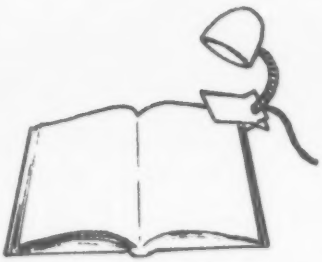
Reading and Writing

1. An inexpensive magnifying lens that lies flat on the page is available at optometrist shops.



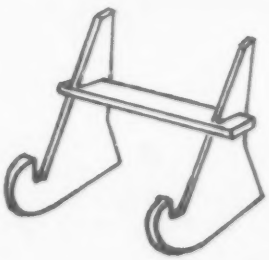
Another type is "The Magnifier", a soft plastic lens with tiny circular grooves in it, with which you can magnify an entire page. Available from some handicapped supply houses.

2. Those who need extra light while they read can get a tiny reading lamp which clips onto the edge of a book.

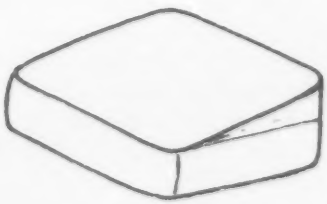


3. The larger Public Libraries have good selections of titles in their "Talking Books" section. (Talking Books are books recorded on cassette tapes which can be borrowed and played back at home). These are intended not just for those who are visually handicapped, but also for anyone who has difficulty holding a book or turning the pages.

4. There are many kinds of book holders on the market. Two homemade designs, easy to make and collapsable, are illustrated here.



5. A soft wedge-shaped cushion makes a good lap book holder.



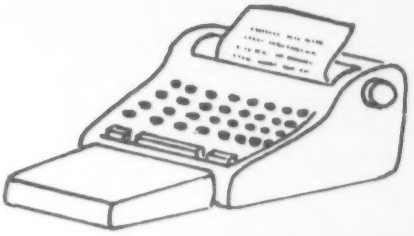
Reading and Writing (cont'd.)

6. Use a rubber finger tip to help turn pages.

7. A soft bean bag makes an easy page holder.

8. A small polished wooden wedge in front of your typewriter allows you to rest the weight of your forearms while typing.

   Typing can even be done in bed if you use a firm lap table set at an angle so your forearms are supported.

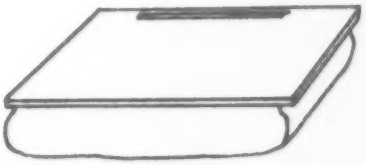


9. An electric typewriter requires only very light touch and the automatic carriage return saves effort. Small electric portables are reasonably priced.

10. A small sheet of polished steel on your desk will allow you to use magnets to hold your writing paper from sliding around.

11. A simple clip-board is also a good way to hold your sheet of paper.

12. A very useful lap-table is made of a piece of arborite with a soft cushion or bean-bag attached below to rest comfortably on your lap. One type has a "picture frame" edge to keep small objects from rolling off, another has a clip to hold a sheet of paper.



Reading and Writing (cont'd.)

13. Felt tip pens require less pressure than ball points.

14. A pencil or pen is less slippery to hold if you twist a rubber band around it.

15. An electric pencil sharpener may be worth the price if you use it a lot, but an ordinary pencil sharpener taped firmly to the table works quite well.

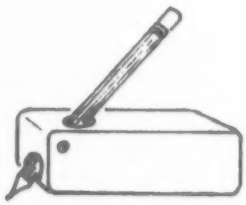
16. There are many ways to enlarge a pen or pencil if your grasp is weak:

    a. Push a piece or rigid rubber tubing over the shaft of the pen or pencil;

    b. roll layers of foam rubber around it until the shaft is the desired size then tape it firmly in place with adhesive;

    c. push the pencil through a small rubber ball or through the holes of a practice golf ball.

17. For someone with a very weak grasp a block of wood of convenient size to hold can be used flat on the table. A hole is drilled at an appropriate angle to hold the pencil and a screw in from either side keeps it from slipping. To write, the block is then slid over the paper.



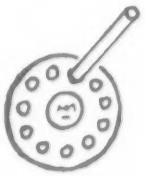
Using a Telephone

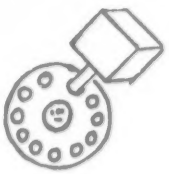
1. Telephone companies have developed a number of aids to help people who have very faint voices, have impaired hearing, who cannot dial the phone, or who cannot hold the receiver. Discuss your problem with their representative and find out what is available.

2. If you cannot use a shoulder cradle to hold the telephone receiver to your ear, this device can be made at home.

   Cut a square of board a little larger than the base of your telephone. Drill a hole and anchor into it a 45 cm length of flexible electrical conduit. Tape the telephone receiver securely to the end of this flexible arm. Place your telephone on the board beside it. Use a small bar weight to lay across the phone cradle to disconnect it. Adjust the receiver to fit you comfortably and you need never touch it again. To use the phone simply remove the bar weight and dial your number. Some old goosenecked desk lamps can be stripped and used in the same manner to support the receiver.

3. To aid dialing, a wooden pencil to fit in the holes may help. Or if your grasp is very weak have the pencil set into a wooden block or small rubber ball.





4. To use a wall phone that is too high, let the receiver hang down while you reach the dial. Sit down and pick up the receiver to answer.

CHAPTER VI

SAFETY

Getting Up or Down

If you find you have to get down to floor level to do some cleaning, or climb up a stepping stool to reach a high cupboard, think through the process of completing the job you want to do very carefully before starting. Assemble everything you will need to complete the job and keep them within easy reach. Be sure you have a sturdy chair nearby to assist in getting to your feet again if the job requires getting down to floor level. Equally necessary, if you intend to climb up to reach a high shelf, make sure there is something sturdy to cling to once up, and remember how you got up so you can reverse the process to get down again.

B.I.

****

Worry is like a rocking chair - gives you something to do but doesn't get you anywhere.

****

The one who leaps to action without knowing "why" or "what" usually wreaks damage; but just as surely, the person so engrossed in finding out "why" and "what" that he never bestirs himself to action, accomplishes nothing - not even damage.

M.A.G.

****

Character is what you are when you think nobody is looking.

****

Each of us has aptitudes or talents and it is our life's work to realize that potential. Fulfilling our destiny is a matter of developing our own resources to the full.

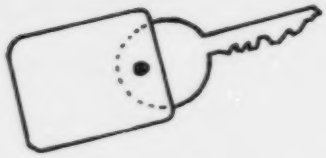
S.G.

Latches and Locks

1. To improve your grip on a key:

   a. There are key holders available from which the key flips out and the holder itself becomes an extended handle;

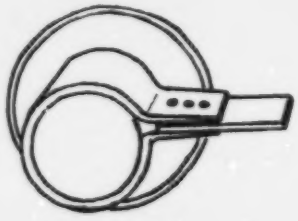
   b. rivet a piece of metal or wood to the head of the key;



   c. enlarge the hole and stick a small rod or wooden dowel through it.

2. Colour code your keys and locks to make it easier to find the right key for each lock. Coloured adhesive tape works well.

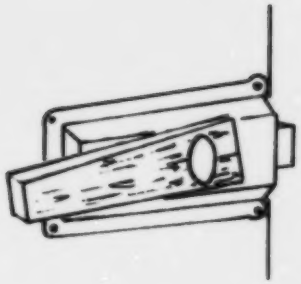
3. Add a handle to a slippery doorknob by wrapping a piece of heavy leather or rubber around the knob and rivetting the ends securely to a small piece of metal or a wooden block.



4. In a bar-type latch handle drill a hole near the end and add a thong or cord. This is especially helpful if you need to use your wrist or forearm to open the door.

Latches and Locks (cont'd.)

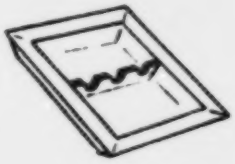
5. For the Yale lock, cut an extended handle about 7 cm x 4 cm (3" x 1 1/2"). Cut a hole in one end of this block just large enough to fit tightly over the knob.



Avoiding Home Accidents

1. Fatigue can make anyone accident prone. Stop for a rest before fatigue sets in.

2. If you smoke, choose an ashtay that is heavy enough to be stable and has the cigarette holders across the middle so the burning cigarette cannot tip out onto the table. For those with poor coordination ashtrays have been designed with the cigarette holder attached to the tray and a flexible tube to the mouthpiece.



3. Never allow the rubber tips of your crutches or canes to wear smooth for they will become slippery and dangerous, especially when wet. Replace them as soon as half the tread has worn away.

4. An ice tip for the end of your cane is available from medical or orthopedic supply stores. The sharp tip retracts when not in use but is at the ready when you step outdoors.

5. Ice grippers are also available to wear on your shoes. Since these are used by non-handicapped people as well they can sometimes be found in shoe stores or hardware stores. They consist of rows of metal teeth attached to the soles of your shoes by means of straps or wide elastic and are easily slipped on and off.

Avoiding Home Accidents (cont'd.)

6. Remove scatter mats, tack them down or have a good rubber underpad.

7. Don't allow curled edges on rugs. Fasten them down with double-faced tape or tacks.

8. Locate appliances near the electrical outlet so cords are not trailing across the floor or counter top. Loop any excess cord into a neat bundle and fasten with tape, a twist tie or elastic band.

9. Store most-used items in lower cupboards. Use high shelves only for soft or lightweight items which can be lifted down with tongs or safely dropped.

10. Have proper grab bars installed in the bathroom. Never count on a towel bar for support.

11. Always fill the bathrub and test the water temperature before getting in. Many people have been burned by running hot water over a foot that has no feeling.

12. Wipe up spills immediately.

13. In the kitchen, keep a carbon dioxide fire extinguisher. It is effective against grease fires and leaves no messy residue.

14. For a grease fire (if you have no extinguisher) smother it with large amounts of salt or baking soda, or put a tight lid over the pan.

15. Never pour water on a grease fire, it will only spread it.

16. For a fire in the broiler or oven, turn off the burner and shut the door tightly. Cutting off the supply of air will smother the fire.

17. Be sure there are no curtains near the cookstove or any hot electrical appliance - toaster, grill, frypan, etc.

Avoiding Home Accidents (cont'd.)

18. Use non-flammable oven mitts and pot holders.

19. Use a screen-wire spatter guard when frying.

20. Use caution when reaching over hot burners or cooking pots to controls at the back of the stove.

21. Turn handles of cooking pots inward so you do not bump them or snag them with your sleeve.

22. Don't wear loose sleeves, dangling scarves or ties when cooking.

23. Discard any pan with a wobbly handle.

24. Cooking vegetables in a wire deep-frying basket eliminates the need to lift the pot to drain them.

25. Long-handled barbecue tools are useful in the oven or broiler.

26. Oven mitts are much better than pot holders because they protect your wrists.

CHAPTER VII

IN THE CAR

May I share with you a frustrating but funny incident that happened when I was taking my driver's test many years ago. This happened in the early 50s before cars had turn lights. My husband and I had especially chosen a car that had the flip-up turn signals because I do not have the use of my left arm or shoulder, only my finger tips. However, the mechanical turn signals were not yet considered legal. The driving examiner was very hostile toward the thought of "crippled" people being on the road, and told me so. This upset me terribly because I had never thought of this word before. But I had been well trained and was driving along quite competently using only my right hand. All went well until he told me to signal the next left turn and I flicked up the little mechanical signal. He was furious and stated he wanted a proper hand signal. Very calmly I said, "Alright, If you want a hand signal, I'll give you a hand signal". Whereupon I let go of the steering wheel, reached across to wind down the window, and stuck my hand outside. The man turned absolutely livid and failed me on the spot for being utterly incompetent! (He never did know that I was guiding the wheel with the fingers of my left hand against my knee). It took another examination before I got my licence but I still chuckle when I think of the expression on that man's face. It was worth it. I'd like to go back and tell him how many thousands of miles I've driven since then.

C.W.

Driving Again

If your disability is recent you will no doubt want to get back to driving yourself again as soon as possible. You should have the approval of your doctor and your therapist, and then inquire at the Department of Transport. They may want you to have one or two 'lessons' or outings with a driving school, and you may be advised to take the entire test to determine whether or not your classification has changed. Any of these people can also direct you to shops where your vehicle can be modified to help you drive again with your new disability.

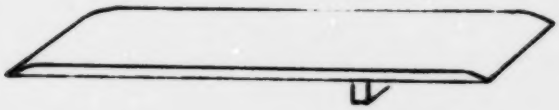
Many municipalities now provide window stickers for disabled drivers which permit special parking privileges in the region. Inquire at your local police department or your city parking administration.

B.I.

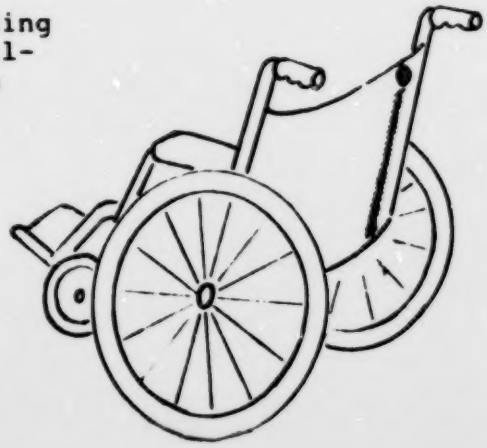
Getting In

1. To transfer from a wheelchair to a car seat, a polished hardwood board is useful. The board should be 20 cm or 25 cm (8"-10") wide, 2.5 cm (1") thick, and long enough to reach safely from the chair seat to carseat, overlapping several inches at each end. The ends should be tapered and the top surface well varnished or waxed so it is smooth to slide on. A crosspiece on the underside will hold it firmly against the car seat.

   To use this method of transfer you must have removable arms on your wheelchair. Open the car door wide and position your chair parallel to the side of the car and as close as you can get it. Remove the wheelchair arm. Place the board so one end rests on the wheelchair seat and the other on the car seat, thus forming a bridge between the two. The crosspiece on the underside of the board should be touching the end of the car seat. Manoeuvre your weight onto the board and slide across it into the car.

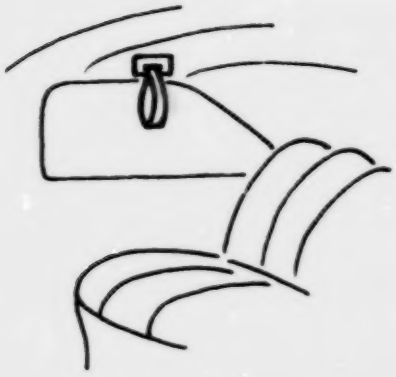


2. If you find it easier to get out of a chair by sliding backwards, chairs are available with large zippers in the back.



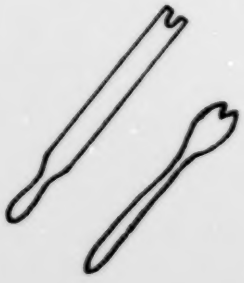
3.

A bar or strap can be secured to the car roof, either inside or outside, to give you support and balance.



4. Folding metal ramps are available which are small enough to carry in the trunk of your car but strong enough when extended to ramp a 3-metre (10 ft.) flight of steps and support a manual wheelchair.

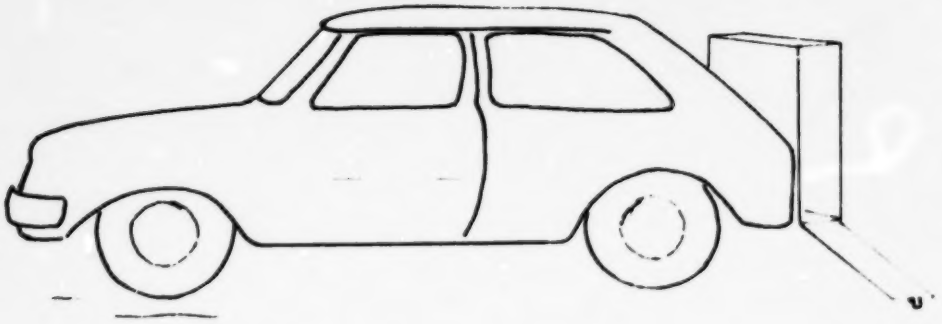
5. A stick for reaching and unlatching car door locks from the inside can be made form a small strip of wood, a ruler or wooden spoon by cutting a notch in one end.



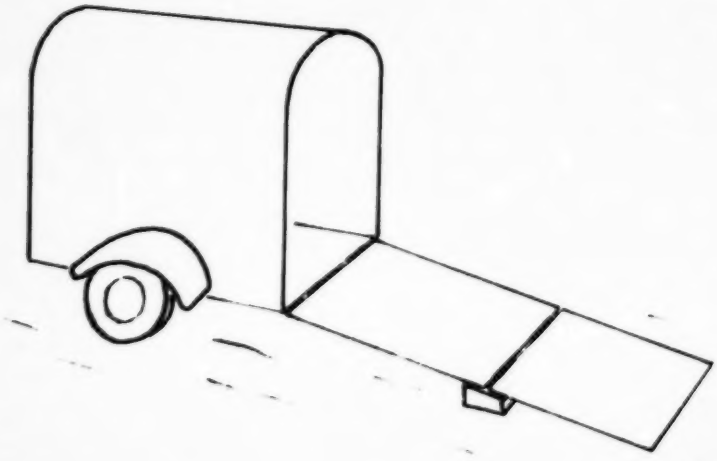
When you buy a new car consider the convenience of electric door locks.

To Transport a Wheelchair in the Car

1. One driver had a narrow box of sheet metal made and mounted on the back of the car to carry her husband's wheelchair. One end of the box is hinged to drop down and form a ramp. The chair is folded and rolled up the ramp into the box, then the side is raised and latched in place.



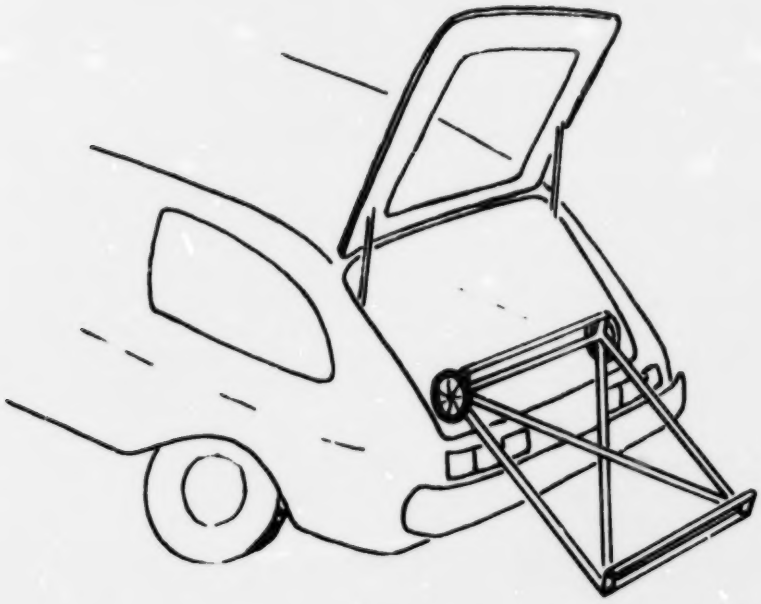
2. An electric chair can be transported in a small enclosed trailer (like a tiny horse trailer). One end drops down to form a folding ramp, and a block is used under the lower hinges to support the weight of the chair.



3. An electric lift has been designed and built with which a handicapped person can lift his own wheelchair into a car trunk. It is powered by the car battery.

To Transport a Wheelchair in a Car (cont'd.)

4. To lift a wheelchair into a stationwagon or a car with a large trunk, a device similar to a warehouseman's dolly can make it easier. The device is a frame of metal pipe made approximately the same size as the wheelchair, with two small wheels at the top. The folded chair is tipped onto the frame. The frame is then tilted up and rolled into the trunk. The wheels make it easier to slide and, since you are tipping rather than lifting, the chair is much lighter to handle. A plumber or metal worker will be able to make a similar frame for you.



Parking Tip

1. Keep a pair of ordinary kitchen tongs handy in the car. If, when entering a parking garage, you cannot reach the ticket in the automatic ticket dispensing machine, the tongs will help extend your reach.

   The same tongs will help when you are paying the attendant as you exit. Put your money in an envelope and, using the tongs, pass it to the cashier.

CHAPTER VIII

RECREATION

Hobbies and interests outside our normal routines make us the interesting people we are. How boring it would be to have no topic of conversation except ourselves and our ailments. Hobbies are something to share with other people and an easy way to make friends. A plant you have grown or a gift you have made yourself with loving diligence means so much.

****

To have a friend you must first be one. Flowers leave some of their fragrance on the hands that bestow them.

M.A.G.

****

I love to write. When I am feeling down I write and just let things come out on the paper. When I start writing I don't know what the end will be. I often see the answer to my problems as I write them down. Sometimes it helps with my troubles to write and tell people what's bothering me.

Having people accept and understand me is important to me. I know now that everyone has the same feelings. I thought I had different feelings than others and that people didn't understand and accept or be interested in how I felt, but later I found out people are interested and accept and understand me. I would never have known this without writing my feelings to my social worker. She showed me I have the same feelings as others. Some people drink when they are down but I write.

Pat Smith

Editor's Note: Pat cannot speak and has negligible hand capability, but she can type by tapping Morse code with her feet. She has a specially-designed typewriter with foot pedals which converts these signals and types them as letters of the alphabet.

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Sports

Handicapped sports is a growth industry in this country. New clubs are springing up like mushrooms, so if you were an athlete before becoming disabled there is no need to despair. Wheelchair sports clubs include; basketball, soccer, murder ball, push ball, and many track and field sports such as long and short dash races, shot put, javelin and discus. Meets and competitions are arranged at all levels; local, regional, national and international. (Most of these sports mentioned now have Olympic status.) Skis have been designed for amputees and for many paraplegics. Sled runners can be clamped onto the wheels of wheelchairs. Swimming groups book time at community centre pools and arrange to have volunteers on hand to help in the dressing rooms and in the water.

Check to see if such clubs already exist in your community; if not, start one. For information write to

Canadian Wheelchair Sports Association
333 River Road
VANIER, Ontario
K1L 8B9

Tel: 1-613-741-2463

The Canadian Wheelchair Sports Association is the coordinating body for provincial and regional associations all across Canada. Upon request they will put you in touch with the association nearest you.

Caution: Needless to say, anyone should check with his or her doctor before undertaking a strenuous sport.

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Sports challenge us physically and mentally, put us into contact with so many interesting people and give an enormous feeling of achievement.

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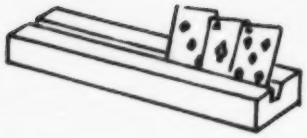
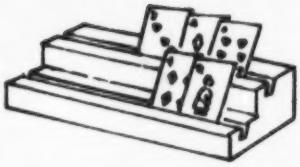
Fun and Games

Are you a card player but find it difficult to hold the cards? A simple wooden block with one or more angled saw cuts will do the trick.





At first you may not have the energy to concentrate on bridge. Start then with one of the easier games; cribbage, whist, solitaire, euchre, canasta, or any other. Learn something new, it's fun!

If you do not have sufficient finger movement to select and play a card, try using a pointer stick, held in your mouth if necessary. With this you can tap a card and your opponent or partner can pick it out for you.

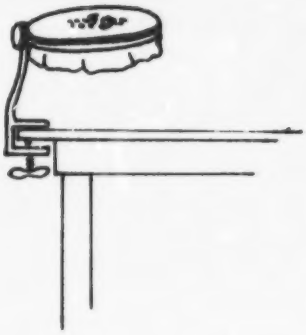
If you have trouble shuffling cards, there are small machines available, or you can simply scatter the cards face down on the table, stir them around until you are satisfied and gather them up again. Cut the deck twice, and there you are.

Sewing

The most important aid for a handicapped person doing handsewing is a frame of some type that will hold the work firmly in place. The usual kind is a standing frame holding a large embroidery hoop or rollers to which the needlework is fastened. However, this requires that you lean forward and you may find this tiring on your back.

Another type has a similar holder but is mounted on a curved frame on which you sit. This brings the work right over your lap. The frame is jointed so it can be tipped to any comfortable angle.

An even smaller one is designed to clamp on the edge of a table or on your wheelchair tray.



Any of these designs eliminates the necessity of holding the work, can be mounted to the left or right depending on which hand you use, and lets you sew with one hand.

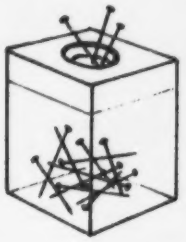
For those who have difficulty seeing fine work, every sewing shop carries the type of magnifying glass that rests on your chest and is supported by a cord around your neck.

Needle threaders will help with fairly large-eyed needles, but for fine sewing there is a special needle designed that needs no threading. It has a groove in the top and a very tiny crack down into the eye so when you pull a thread taut in the groove it will pop down into the eye of the needle. Sometimes the needle has two eyes; the second one can be threaded in the usual way.

Sewing (cont'd.)

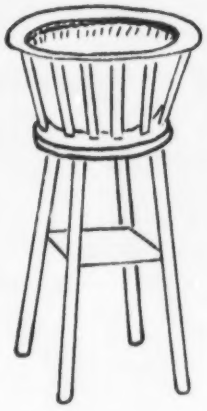
Keep a small magnet tied to a string in your sewing basket. You will find it handy for picking up dropped pins and needles.

Keep pins in a paper-clip holder with a magnetic top.



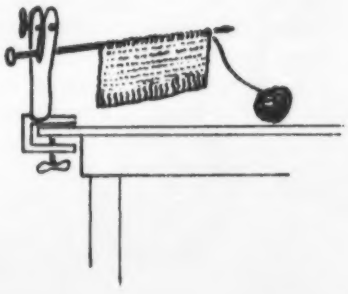
The tiny traveller's sewing machine that you work by squeezing in one hand (somewhat like you would use a stapler) would be useful for small mending chores.

Sewing baskets were once made with long legs to stand beside a table or chair. These do not seem to be available now, but you could have one made or you could adapt a fern stand by lining the top.



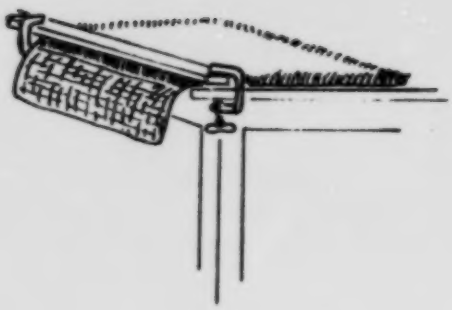
Knitting

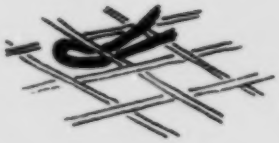
Yes, you can knit with one hand! A device shaped like a large clothes peg can be made and clamped to the edge of a table or wheelchair tray to hold one needle. A strip of rubber glued to the inner face of the slot improves grip, and a screw tightens the prongs together. Fasten one knitting needle in the holder and work with the other. When you come to the end of one row remove the empty needle and insert the full one.



Rug Hooking

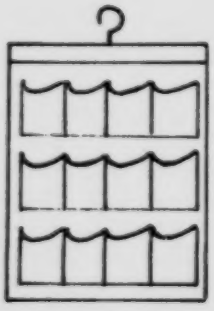
The type of rug hooking done with a latch hook can be successfully done with one hand by clamping the rug to a table. You will need two C-clamps and a flat wooden bar (an old hockey stick works fine). Place the rug on a table with the working area just off the edge of the table. Lay the stick across the rug close to where you will be working and clamp it tightly to the table. A strip of light foam rubber under the rug will improve the grip.





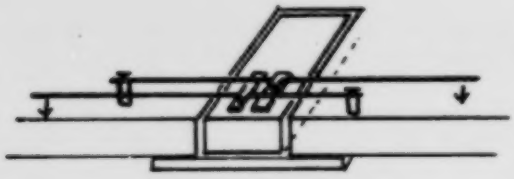
To make a knot fold the yarn strip in half and draw the loop of yarn under one strand of canvas. Now put your hook through the loop of yarn from the bottom up. Reach through to catch the two loose ends of yarn and draw them back through the loop. Pull the knot tight.

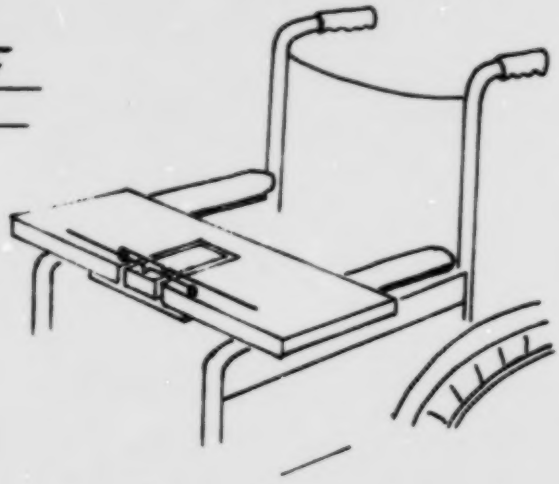
You might find a shoebag hung nearby is a handy place to keep the little packets of cut wool. If you have difficulty identifying shades of colour you could number or otherwise code the pockets.



T.V. Control

If you do not have sufficient finger control to adjust knobs or press small switches, a TV Remote Control unit can be adapted for operation by arm movement.





A board is made to fit across the wheelchair arms (or rest on a table) to hold the switching unit. Levers are attached which, when pressed, will switch the TV on/off or change channels. The unit is easily removed from the board to change batteries or for the use of others.

Creative Writing

Even if you don't aspire to being a best selling novelist, creative writing can be a very satisfying outlet for your talents. Here are some possible avenues: short stories, magazine articles, poetry, song lyrics, reviews, critiques, or writing to pen pals. You could even start a correspondence club for people like yourself to share their difficulties, ideas and triumphs. In some areas there are night school courses in creative writing. Ask at your local board of education or university. Beware though of advertised courses that make extravagant claims to buy your work and make you famous in no time.

Bird Watching

Providing a simple bird bath in summer and a feeder in winter will bring you many hours of pleasure watching the birds coming and going. Your interest need not be more than simply taking pleasure in watching these delightful little creatures but, if your interest grows, you can get quite deeply involved identifying species, learning about their habits and migratory routes, recording dates of first sightings, etc. To identify them and learn their names, a good bird book is essential and you may want to invest in a pair of binoculars (7 x 35 wide angle are recommended). Many dialy papers have a regular "bird watchers" column and local naturalist's clubs are always happy to exchange information with you. Your love of birds can lead you into many other hobbies as well; small carpentry to build bird houses and feeders; sketching and painting; photography or woodcarving, to name a few.

There are small bird feeders made that can be attached to your window ledge or hung on a balcony, or you can get larger more elaborate ones, some as big as a table top mounted on a post, and some have heated water bowls. Whatever the size, the important thing is to be consistant and continue feeding once you have started because the birds come to depend on you. Proper bird baths are not very expensive, but all that is really needed is a shallow wide bowl set on the grass. A garbage can lid turned upside down works fine, and so does the drain saucer from under a very large clay flower pot. If you have a choice of location, place it under tree branches where they can sit to preen themselves after their bath, but not near dense shrubbery where the cats can hide.

Different species of birds like different kinds of bird houses so if you plan to build them decide what birds you want to attract and build their special house. A birdwatcher's club can give you information and probably building plans as well.

Container Gardening

1. Container gardening can mean anything from growing a geranium on your windowsill to having a greenhouse in your backyard, and there are many interesting possibilities in between. There is something peaceful and satisfying about working with the soil and watching living plants thrive. They enhance the beauty and friendly atmosphere of your home and give you an opportunity to make very special gifts to your friends.

No matter where you live there will be room for flowers; a hanging plant in the window, a planter on your balcony, a few pots on the windowsill or a bowl of bulbs on the table. It can be a hobby that costs very little, or can be as elaborate as you want to make it, and there are literally hundreds of gardening books, magazines, catalogues and articles to help you along the way.

Here are some suggestions that might give you an idea to start:

a. Collect all the varieties of African violets you can find. Since African violets are simple to propogate by leaf cuttings, it is easy to exchange them with your friends.

b. Start a cactus garden. Use a wide flat bowl with about an inch of earth in the bottom, arrange a variety of small cactus plants in the bowl (they are usually readily found wherever house plants are sold) and cover the top of the soil with fine gravel (acquarium gravel works fine). You can make elaborate and fanciful arrangements by adding figurines to your garden, setting in a bit of mirror glass to look like a pond of water, little walkways of tiles or pebbles and a tiny arched bridge made from matchsticks.

c. A glass fish tank can be used to make a lovely terrarium. Spread a layer of gravel on the bottom for drainage covered by 8-10 cm (3"-4") of good soil mixture. Choose miniature plants with a variety of different foliage to make an attractive arrangement. Here again, you can make a "garden" effect with figurines and pathways.

d. A garden in a bottle is a wonderful conversation piece. It is difficult to plant, but once planted requires practically no care. The best container is the big glass "carboy" used by wine-makers, but any large glass bottle will do. The secret of planting in a bottle is to put everything in through a tube; a cardboard tube if you have it, or a coil of paper. Prepare a fine, good quality potting soil mix and, using a funnel, pour it through the tube to the bottom of the jar (this avoids dirtying the sides of the glass jar). Bump the jar frequently to settle the earth. Fill it only 8-10 cm (3"-4") deep then add enough water to just dampen the soil. Let it sit for several hours until the soil is uniformly damp.

Choose your plants carefully. They should have a variety of interesting shapes, be relatively slow growing so they do not fill up the jar too quickly (do not mix fast and slow growing plants or the fast ones will overwhelm the others), and all small enough to slide down the tube. Do not plant too many in one jar. Remember you cannot get them out again.

Have on hand two long thin sticks (1/4" dowel) for tools. With the tool make an indentation where you want a plant to be and position the tube over it. Shake excess earth from the roots of the plant and drop the plant into the tube. Gently poke it down the tube into place in the soil. Remove the tube and, with the two sticks, press the plant into the earth and cover the roots. Plant the others in the same way.

A bottle garden needs very little attention after it is established. Keep away from direct sunlight and check it for dryness about once a month.

e. Spruce up the wintertime meals for your family by growing a variety of herbs indoors. Chives, parsley and dill can be grown successfully in pots, but for interest try some of the more exotic herbs as well: basil, chervil, coriander, mint, oregano, sage or thyme. Tarragon and ginger can be grown indoors also but must be started from root cuttings. Bay is a good indoor herb too, but, because it is by nature a tree, it must be kept well pruned. Most peppers do not grow well indoors but an exception is the variety called Candlelight, a small ornamental pepper with hot edible fruits.

f. Hydroponics is the technique of growing plants without soil, using only a solution of chemicals in water. The simplest is a hyacinth in a bulb-glass or narcissus bulbs in a bed of stones. The most elaborate systems grow commercial vegetables in troughs of flowing fertilized water. But there are small hydroponic units for home use and it is an interesting study.

Container Gardening (cont'd.)

g. The main problem when growing plants indoors is lack of sunlight. Every garden shop and most department stores sell special grow-lamp planter kits, but any standard size fluorescent light fixture can be fitted with "grow-bulbs" which produce the ultra violet light needed by growing plants. The lamp should be hung about 60 cm (2 ft.) above the plant table and the effect can be enhanced by putting a reflective hood over the fixture. A simple hood can be made of cardboard covered with aiuminum foil. This is a good place to start all the bedding plants that will be needed in the outdoor garden in the spring.

2. Container gardening is not restricted to indoors, there are many outdoor containers too: window boxes on windowsill or balcony, tubs and raised planters around the patio and raised flower beds along the garden paths. Many vegetables can be included as well as flowers, i.e. cucumbers trained up on a trellis, cherry tomatoes in pots, and strawberries grown in a barrel with holes down the sides. A barrel could also be planted with an assortment of colourful annuals such as petunias, alyssum and trailing vines.

C.B. and Ham Radio

Citizen's Band radio equipment is reasonably priced and is sold in any automotive supply store or radio shop. Having a CB radio is a great way to communicate with a lot of other people and will open the way to many new friendships.

Ham Radio equipment is much more expensive and requies skill and knowledge to operate, but it is a very engrossing hobby for those who get into it. Look for information at your public library.

Model Building

Some ideas: model planes, cars, trains, steam-powered engines, sailing ships, architectural models, model furniture, doll houses, and miniatures. Model building is an interesting hobby that can fill many hours of your time, and supplies are readily available. You can start with kits and, when your skill develops, you might design some of the things yourself.

Instrumental Music

There are a variety of "teach-yourself" books with which you can learn to play an instrument at home, i.e. clarinet, harmonica, guitar, drums, etc. For the more advanced student there are records to help you practise. The records feature a band with one instrument missing (i.e. the drums) and you, the student, are to play along and provide the missing instrument.

Other Hobbies

Call your local community centre or school board for interesting and creative programs such as ceramics, pottery, painting, sketching, leatherwork, rock polishing, public speaking, gourmet cooking, music appreciation, and many others.

APPENDIX A

SUPPLIERS OF MEDICAL AND HOME AIDS

This list of suppliers of medical and home aids is not intended to be complete, nor does it provide endoresement to any particular firms or products sold. It may, however, help someone search in their own geographic area for that "useful something".

Suppliers are listed alphabetically by province or region. In some cases the address of a company head office is given, followed by a list of the branch offices. Any inquiries addressed to the head office will be forwarded to the branch nearest you.

Those companies marked with an asterisk (*) supply catalogues upon request. Others will supply brochures on particular items.

BRITISH COLUMBIA

* Gainor Medical Supplies Ltd.,
102 - 3820 Jacobs Road,
RICHMOND, British Columbia.
V6Y 1Y6

* Kipp-Mallery Pharmacy,
273 Victoria Street,
KAMLOOPS, British Columbia.
V2C 2A1

* Mid-Canada Medical,
1141 William Street,
VANCOUVER, British Columbia.
V6A 2J1

* Okanagan Medical Supplies Ltd.,
3413-15th Avenue,
VERNON, British Columbia.
V1T 1A1

Seymour Pharmasave,
984 Shoppers' Row,
CAMPBELL RIVER, British Columbia.
V9W 2C5

Surgical Supplies Ltd.,
1012 Broad Street,
VICTORIA, British Columbia.
V8W 1Z9

Surgical Supplies Ltd.,
1120 Yates Street,
VICTORIA, British Columbia.
V8W 3M9

Surgical Supplies Ltd.,
8 - 1588 Boundary Crescent.,
NANAIMO, British Columbia.
V9S 5K8

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PRAIRIE REGION

Blain MacLean Surgical,
3407 - 26th Avenue S.W.,
CALGARY, Alberta.
T3E 0N3

* Carex Medical --
Edmonton Wheelchair,
10041 - 81st Avenue,
EDMONTON, Alberta.
T6E 1W7

PRAIRIE REGION (cont'd.)

E.C.O. Environment Products Ltd.,
18131 - 107th Avenue,
EDMONTON, Alberta
T5S 1K4

* Gainor Medical Supplies Ltd.,
2495 - 19th Street S.E.,
CALGARY, Alberta.
T2E 7A2

* Gainor Medical Supplies Ltd.,
Head Office,
12520 Yellowhead Road,
EDMONTON, Alberta.
T5L 3B9

* Imperial Surgical Co.,
166 Osborne Street South,
WINNIPEG, Manitoba.
R3L 1Y9

Medi-Mart Home Health
Care Equipment Ltd.,
12216 Jasper Avenue,
EDMONTON, Alberta.
T5N 3K3

Schaan Health Care Products Ltd.,
2342 Hanselman Avenue,
P.O. Box 6050,
SASKATOON, Saskatchewan.
S7K 4E4

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ONTARIO

* Bamford-Regis,
210 Colonnade Road,
NEPEAN, Ontario.
K2E 7L5

Crecco's Mobility Systems
for the Handicapped
R.R. 2,
WELLAND, Ontario.
L3B 5N5

Branch Offices in:
FONTHILL, Ontario.
WATERLOO, Ontario.

Conval-Aid Inc.,
270 Carling Avenue,
OTTAWA, Ontario.
K1S 2E2

Dean Russell Ltd.,
187 Hyman Street,
LONDON, Ontario.
N6A 1N4

Doane Hall Convalescent Aid Centre,
21 Yonge Street North,
AURORA, Ontario.
L4G 1N6

ONTARIO (cont'd.)

* Doncaster Medical,
248 Steelcase Road East,
MARKHAM, Ontario.
L3R 1G2

Branch Offices in:
BRAMPTON, Ontario.
BURLINGTON, Ontario.
ETOBICOKE, Ontario.
HALIFAX, Nova Scotia.
KINGSTON, Ontario.
MISSISSAUGA, Ontario.
ORILLIA, Ontario.
PETERBOROUGH, Ontario.
REXDALE, Ontario.
SCARBOROUGH, Ontario.
SUDBURY, Ontario.
TORONTO (East), Ontario.
TORONTO (North), Ontario.
WINDSOR, Ontario.

* Doulton Canada Inc. (dishes),
The Hotelware Division,
850 Progress Avenue,
SCARBOROUGH, Ontario.
M1H 3C4

Durham Medical,
92 Simcoe Street North,
OSHAWA, Ontario.
L1G 4S2

Handi House,
943 Carling Avenue,
OTTAWA, Ontario.
K1Y 4E4

Harpers Pharmacy Ltd.,
128 Penetang Street,
BARRIE, Ontario.
L4M 1V6

Health Care Centre,
6855 Meadowvale,
Town Centre Circle,
MISSISSAUGA, Ontario.
L5N 2Y1

Health-Care Pharmacy,
1276 Lasalle Blvd.,
SUDBURY, Ontario.
P3A 1Y8

Henry's Pharmacy,
153 Third Avenue,
TIMMINS, Ontario.
P4N 1C6

Home Safety & Comfort Aids,
11 Merridin Place,
DON MILLS, Ontario.
M3B 1S7

Hunt's Convalescent
Equipment Co.,
1780 Albion Road,
REXDALE, Ontario.
M5V 1C2

G.A. Ingram Company
(Canada) Ltd.,
1374 Ouellette Avenue,
P.O. Box 308, Station A,
WINDSOR, Ontario.
N9A 6K7

Kingston Convalescent Aids Ltd.,
505 Frontenac Street,
KINGSTON, Ontario.
K7K 4L9

* Major Medical Supplies Ltd.,
685 Main Street East,
HAMILTON, Ontario.
L8M 1K4

Branch Offices in:
KITCHENER, Ontario.
BURLINGTON, Ontario.

* Medical Centre Pharmacy,
Medical Supplies,
65 Larch Street,
SUDBURY, Ontario.
P3E 1B8

Medical Mart Supplies Ltd.,
28 - 1224 Dundas Street East,
MISSISSAUGA, Ontario.
L4Y 4A2

* Medigas Noront,
497 Second Line East,
SAULT STE. MARIE, Ontario.
P6B 4K2

* Medigas Noront,
925 Barrydowne Road,
SUDBURY, Ontario.
P3A 3T9

* Mid-Canada Medical,
1230 Crestlawn Drive,
MISSISSAUGA, Ontario.
L4W 1A6

Branch Offices in:
VANCOUVER, British Columbia.
CALGARY, Alberta.
EDMONTON, Alberta.
MONTREAL, Quebec.

W.L. Mulvihill Pharmacy,
164 Pembroke Street West,
PEMBROKE, Ontario.
K8A 5M8

A.G. Neale Ltd.,
1104 Danforth Avenue,
TORONTO, Ontario.
M4J 1M3

O'Hanian & Bourque,
Surgical & Sick Room Supplies,
517 Upper Sherman,
HAMILTON, Ontario.
L8V 3L7

Orthopaedic Services,
970 Leathorne Street,
LONDON, Ontario.
N5Z 3M5

also

280 Barton Street East,
HAMILTON, Ontario.
L8L 2X3

Orthotic Aids & Services,
P.O. Box 743,
HAILEYBURY, Ontario.
P0H 1K0

* P.W.L. Manufacturing,
63 Courtland Avenue East,
KITCHENER, Ontario.
N2G 2T5

Stanley Hardware,
5230 South Service Road,
BURLINGTON, Ontario.
L7L 5K2

ONTARIO (cont'd.)

Starkman Surgical Supply Ltd.,
1243 Bathurst Street,
TORONTO, Ontario.
M5R 3H3

* Therapy Supplies & Rental Ltd.,
128 Sunrise Avenue,
TORONTO, Ontario.
M4A 1B5

Vanguard Pharmacy,
66 Delhi Street,
GUELPH, Ontario.
N1E 4J7

* Victoria Wheelchair Inc.,
7 - 1222 Victoria Street North,
KITCHENER, Ontario.
N2B 3E2

* J.W. Westman Inc.,
2 - 6581 Kitimat Drive,
MISSISSAUGA, Ontario.
L5N 3T5

* White Cross Surgical
Instruments Ltd.,
260 Richmond Street West,
TORONTO, Ontario.
M5V 1W8

* Wilder Medical Supplies Ltd.,
5 - 407 Gage Avenue,
KITCHENER, Ontario.
N2M 5E1

Branch Offices in:
VANCOUVER, British Columbia.
LETHBRIDGE, Alberta.
LONDON, Ontario.
MONTREAL, Quebec.
FREDERICTON, New Brunswick.

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QUEBEC

* Centre Orthopédique de Granby Inc.
388, rue Principale
GRANBY (Québec)
J2G 2W6

Équipments Hospitaliers
E.H.Q. Inc.
2264, rue Robitaille
QUÉBEC (Québec)
G1P 2M7

* J.E. Hanger Ltée
4259 ouest, Rue Ste-Catherine
(Montreal)
WESTMOUNT (Québec)
H3Z 1P7

Branch Office in:
POINTE-CLAIRE (Québec)

Labo J.J. Inc.
3980, Ontario est
MONTRÉAL (Québec)
H1W 1S9

* Medi-Plus
5757 Décelles
Suite 34
MONTRÉAL (Québec)
H3S 2C3

* Mille et Un Métiers Inc.
Unlimited Skills Inc.
2455 Lionel-Groulx
MONTRÉAL (Québec)
H3J 1J6

QUEBEC (cont'd.)

* Physio E.R.P. Ltd.
1905 Gutenberg
Chomedey
LAVAL (Québec)
H7S 1A1

* Regent St.-Pierre Inc.
4338, St-Denis
MONTRÉAL (Québec)
H2J 2K8

J. Slawner Orthopedic
Appliances Ltd.
5713 chemin de la Côte-des-Neiges
MONTRÉAL (Québec)
H3S 1Y7

* S.O.S. Service Orthopédique
Sherbrooke
604, est rue King
SHERBROOKE (Québec)
J1G 1B8

* Universal
La Compagnie Universelle de
Rayon-X du Canada Ltée
599, rue Orly
DORVAL (Québec)
H9P 1G1

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MARITIME REGION

* T.B. Clift Limited,
P.O. Box 8870,
34 O'Leary Avenue,
ST. JOHN'S, Newfoundland.
A1B 3T2

* Doncaster Medical,
3600 Kempt Road,
HALIFAX, Nova Scotia.
B3K 4X8

Konval-Kare,
Rehabilitation and Hospital
Supplies Ltd.,
242 High Street,
P.O. Box 2700, Station A,
MONCTON, New Brunswick.
E1C 8T8

Maritime Orthopedic Co. Ltd.,
21 Bevin Street,
P.O. Box 2453, Station A,
MONCTON, New Brunswick.
E1C 8J3

* A.R. Menzies & Sons Ltd.,
33 Rockwood Avenue,
FREDERICTON, New Brunswick.
E3B 2L8

Stead's Pharmacy,
128 Kent Street,
CHARLOTTETOWN, Prince Edward Isla
C1A 7L3

Wassons Company (1980) Ltd.,
P.O. Box 5020,
SAINT JOHN, New Brunswick.
E2L 4V3

also

110 Crown Street,
Courtenay Centre,
SAINT JOHN, New Brunswick.

CAR LIFTS AND SPECIAL DESIGNS

Brant Wheelchair,
18 Russell Street,
BRANTFORD, Ontario
M3R 1V7

Capital Elevators Ltd.,
P.O. Box 4766,
Station E,
OTTAWA, Ontario.
K1S 5H9

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CLOTHING SUPPLIERS

* Caravan Clothes Ltd.,
1222 Eglington Avenue West
TORONTO, Ontario.
M6C 2E3

* Comfort Clothing Services
17 Harvey Street,
KINGSTON, Ontario.
K7K 5C1

Easy Fashions,
1381 - A Carling Avenue,
OTTAWA, Ontario.
K1Z 7I6

* Fashion Able,
Rocky Hill,
NEW JERSEY, U.S.A.
08553

* On The Rise Association Inc.,
171 Grandview Road,
NEPEAN, Ontario.
K2H 8B9

* V.G.R.S.,
Vocational Guidance and
Rehabilitation Services,
2239 East 55th Street,
CLEVELAND, Ohio.
U.S.A. 44103

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